

## Webinar for Parents & Carers

# Helping Children with Fears and Worries

**A free, one-off session supporting parents and carers of school-aged children**

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to build confidence at this challenging and uncertain time

Learn more about local services and online options for further support

**Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.**



### Primary Webinars

Tues 10th Aug @ 10.30am  
Sat 11th Sept @ 10.30am  
Thurs 14th Oct @ 1.00pm  
Sat 13th Nov @ 10.30am  
Wed 8th Dec @ 1.00pm

### Secondary Webinars

Tues 3rd Aug @ 10.30am  
Sat 4th Sept @ 10.30am  
Wed 6th Oct @ 1.00pm  
Sat 6th Nov @ 10.30am  
Thurs 2nd Dec at 1.00pm

### Places can be booked on the Bromley Y Eventbrite Page.

Please ensure you sign up for the appropriate session depending on your child's year group. Once you have booked a ticket, you will receive an email with details on how to join the webinar. To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

Spaces are limited, so if you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another parent.

Click [here](#) to book now

[www.eventbrite.co.uk/o/bromley-y-31612643251](http://www.eventbrite.co.uk/o/bromley-y-31612643251)

