

A photograph of three children standing in the rain, wearing colorful raincoats and boots. The child on the left is wearing a pink coat and blue pants. The child in the middle is wearing a dark blue coat and pants. The child on the right is wearing a grey coat and dark blue pants. They are all wearing boots, some of which are green and yellow, and some are red and black. The ground is wet and muddy.

Parenting Support Champions

# SUPPORTING CHILDREN & YOUNG PEOPLE EXPERIENCING ANXIETY

**GAIN A GREATER UNDERSTANDING OF CHILDREN AND YOUNG PEOPLES ANXIETY AND THE EFFECTS ANXIETY HAS IN THEIR EVERYDAY LIFE ALONG WITH TECHNIQUES THAT SUPPORT SELF-REGULATION AND EMOTIONAL RESILIENCE.**

THURSDAY 7TH NOVEMBER 2024, FROM 10AM TO 12PM

MEATH CHILD & PARENT SUPPORT HUB, NAVAN, CO. MEATH, C15 CP23

**THIS IS A FREE WORKSHOP**

**TO SECURE YOUR PLACE PLEASE CONTACT YOUR LOCAL PARENTING**

**SUPPORT CHAMPIONS OFFICER:**

**ANGELA - 086 3661338**

**ANNE MARIE - 087 2585114**

**BRENDA - 087 2275650**

