



# Living with an Anxious Child

**A workshop for parents and carers of children aged 5-19 who worry, and show signs or symptoms of anxiety.**

**We will cover :**

- ⇒ **What anxiety looks and feels like**
- ⇒ **When anxiety becomes a problem**
- ⇒ **How to respond to an anxious child**

**Friday 10th July**

**10.00—11.30 (maximum time)**

**Via Zoom**

**email : [dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)**

**You will be sent a booking form and your place will be secured upon receipt of your completed form**

**\*£20 fee if your child does not attend a HarpendenPlus Partnership school**

List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Wood End, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Hildas, St Nicholas, Wood End, Katherine Warrington School