



## PARENT WEBINAR

# RECOGNISING AND UNDERSTANDING

*Anxiety in Children and Young People*

Thursday 24th April  
3:00pm - 4:00PM  
Via MS Teams

To register your interest, please [click here](#) or scan the QR code below!



## AIMS OF THE SESSION

- What is Anxiety?
- How anxiety affects children and young people?
  - Strategies to support your young person

