



FREE

WORKSHOPS FOR PARENTS

TOPIC: Anxiety and Low Mood

This is a 2 hr workshop facilitated by Young Somerset. It is an opportunity to meet other parents and share common concerns. We talk about the signs and symptoms of anxiety and low mood, some do's and don'ts and share hints and tips on how to support your child. Tea, coffee and biscuits provided.

Thursday 12th June 6pm to 8pm

To sign up please contact:
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