



Thursday
15th Oct
7-8:30pm

To support you and your family to help understand the different types of anxiety and the impact it can have on family life.

An opportunity to discuss your anxieties as parent with NO judgement and strategies for how to manage these worries.

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Book now:

<https://tinyurl.com/how-to-manage-anxieties>



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LEARNING



aclessex.com

0345 603 7635

acl.nostoppingme@essex.gov.uk



Essex County Council