



This workshop is aimed at parents and carers that would like to learn more about causes of anxiety, what anxiety is, how to help as a parent, tools, calming techniques and key strategies.

**Monday 1<sup>st</sup> March @ 10.30**

**&**

**Monday 22<sup>nd</sup> March @6.30**

(approx. 1hour)

If you'd like to join the workshop you will need internet access and a device able to connect to Microsoft Teams via web browser.

Booking is essential .

We understand that you are likely to have children in the house with you and so there is no obligation for you to stay on the call the entirety of the workshop, as we appreciate you may have to leave the call from time to time.

**\*This workshop is for parents/carers of Primary school aged children.**

**Consent forms will be sent once email of interest is received.**

**Please return consent form by Monday 22<sup>nd</sup> Feb**

**Link to the workshop will be sent on the morning of the workshop.**



Cambridgeshire  
County Council

To book your place please contact Zoe Hope or Christylee O'Grady on

 [Zoe.Hope@cambridgeshire.gov.uk](mailto:Zoe.Hope@cambridgeshire.gov.uk) / [Christylee.O'Grady@cambridgeshire.gov.uk](mailto:Christylee.O'Grady@cambridgeshire.gov.uk)