## TALKING Constructions of the second s

**Tuesdays 9.45-11.30am** Online Course: ID 677 5th November - 10th December 2024

6, weekly sessions for parents and carers of children aged under 12, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

Our online support sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'This course has helped us massively. We are responding so differently, and its really helping us all to cope day to day.'

Booking essential Please quote the course ID To check eligibility and book a place, contact Supporting Links on:

## 07512 709556

These courses are provided free to participants by Hertfordshire County Hertfordshire Council' s Targeted Parenting Fund



bookings@supportinglinks.co.uk

## www.supportinglinks.co.uk

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.