

Anxious or Anxiety
A Workshop for Parents with Chameleon
Counselling
Monday 2nd October 2pm Portacabin

Graeme Rowlings, a Child and Adolescent Psychotherapist accredited with the UKCP, presents an introduction to understanding and managing anxiety.

He provides insight as to how anxious thoughts and feelings are processed and received in both the mind and body of the child and the responding parent.

As well, he will provide guidance and practical strategies to work with the child.

Please click on this link to register

<https://forms.office.com/e/bWMCwMDFXb>

