

ACL

FAMILY LEARNING



Anxiety Support for Families



Monday 23rd November

10am

2 hours

In partnership with
Pear Tree Mead Academy



This workshop aims to examine what anxiety is, what causes it and some things that you could try to help to reduce it. We aim to offer strategies and resources around:

- providing you with the opportunity to discuss any issues or concerns you may have
- Helping you to support yourself and your family
- finding out what services and support are available locally and nationally.

**To book your place
or for more information
please contact the school office, or
contact me, the tutor:
joanne.ingall@essex.gov.uk**

