

Supporting our Young People with Anxiety – The Next Steps Follow-on Webinars – October – December 2023



The Under 18s Wellbeing Team are pleased to offer Anxiety – The Next Steps’ webinars for parents. These webinars provide further information and strategies to help build confidence in supporting their young people. These webinars build on the workshop ‘Supporting our Young People with Anxiety’ that is delivered by the Psychology in Schools Team. **PLEASE ENSURE THAT YOU HAVE ATTENDED OR VIEWED THE RECORDING OF THIS WORKSHOP: [Supporting our Young People with Anxiety \(PST\)](#) prior to attending a ‘next steps’ webinar.** These free virtual webinars (Zoom) come in 2 parts, each part being 60 minutes long. **PLEASE DO SIGN UP FOR BOTH PARTS.**

Building Confidence and Managing Anxiety in Your Child

This 2-part webinar series is for parents of young people aged under 12. We will help parents identify the anxious thoughts, feelings and behaviours, their child may be experiencing and focus on strategies parents can try out at home with their child, to help challenge their anxious thoughts, manage their worries and learn to face feared situations in a graded way to build confidence.

5th October 2023 – Part 1 – [BOOK HERE](#)

12th October 2023 – Part 2 – [BOOK HERE](#)

Parenting the Anxious Adolescent

This 2-part webinar series is for parents of young people aged 12+. Each session will provide three actions, with ideas and strategies for parents to take away and discuss with their children at home. We will cover topics such as avoidance, building motivation to challenge anxiety and different ways of managing worry.

30th November 2023 – Part 1 - [BOOK HERE](#)

7th December 2023 – Part 2 - [BOOK HERE](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team – NSFT



Working together for better mental health

