

Helping your child with anxiety

**Course
Dates:** Friday
1st May

Times: 10:00am to 12:00pm

Location: Online

This workshop, led by two assistant educational psychologists from Swindon Borough Council, will explore what anxiety is, how it commonly presents in children and young people, and why it can sometimes feel overwhelming for them. We'll look at how to talk to your child about their worries in a calm and supportive way, and we'll share practical approaches and techniques you can use at home to help them manage anxious feelings more confidently. If you're looking for simple, effective strategies to support your child's wellbeing, this session may be helpful for you. By the end of the course, you will:

- have a clearer understanding of what anxiety is and how it can show up in children
- feel more confident using simple, practical strategies at home to help your child manage their worries more effectively.

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or www.swindon.gov.uk/adultlearning

* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £25,750 a year.

For more information about our eligibility criteria please visit our website www.swindon.gov.uk/adultlearning