

# Parents & Carers Webinar

## 'Helping Children with Fears & Worries'

A free one-off session supporting **parents/carers of children in school years 4-11** living in the Bromley Borough to:

- *Understand more about anxiety in children*
- *Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time*
- *Learn more about local services for further support*

The webinars will be delivered online via **Microsoft Teams** and will be facilitated by practitioners from Bromley Y. To ensure smooth running of the session you will be asked to kindly turn your camera and microphone off for the duration of the webinar, but participation via the chat function is optional.

Please note there are limited slots available per session. Please ensure you sign up for the appropriate session, depending on your child's year group.



17 Ethelbert Road, Bromley, Kent, BR1 1JA  
Telephone: 0203 770 8848

### Primary Webinar Dates:

- Weds 14<sup>th</sup> April @ 10:30am – 12noon
- Sat 15<sup>th</sup> May @ 10:30am – 12noon
- Tues 15<sup>th</sup> June @ 1pm – 2:30pm
- Thurs 15<sup>th</sup> July @ 10:30am – 12noon

### Secondary Webinar Dates:

- Weds 21<sup>st</sup> April @ 1pm – 2:30pm
- Tues 25<sup>th</sup> Mar @ 5:30pm – 7pm
- Sat 24<sup>th</sup> June @ 10:30am – 12noon
- Mon 19<sup>th</sup> July @ 10:30am – 12noon

To book a place at one of the sessions please visit:

<https://www.eventbrite.co.uk/o/bromley-y-31612643251>

*Once you have booked a ticket, you will receive an email with details of how to join the webinar. If you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another parent, as spaces are limited.*

Email: [info@bromleyy.org](mailto:info@bromleyy.org) Website: <https://bromley-y.org/>

Independent Registered Charity No. 291181 Registered Company No. 1844941