

Webinar for Parents & Carers

Helping Children with Fears and Worries

A free, one-off session supporting parents and carers of school-aged children

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to build confidence at this challenging and uncertain time

Learn more about local services and online options for further support

Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.



Primary Webinars

Weds 14th April @ 10.30am
Sat 15th May @ 10.30am
Tues 15th June @ 1pm
Thurs 15th July @ 10.30am

Secondary Webinars

Weds 21st April @ 1pm
Tues 27th April @ 5.30pm
Tues 25th May @ 5.30pm
Sat 26th June @ 10.30am
Mon 19th July @ 10.30am

Places can be booked on the Bromley Y Eventbrite Page.

Please ensure you sign up for the appropriate session depending on your child's year group. Once you have booked a ticket, you will receive an email with details on how to join the webinar. To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

Spaces are limited, so if you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another parent.

Click [here](#) to book now

www.eventbrite.co.uk/o/bromley-y-31612643251

