



ASC Family Support Monthly Drop-In

'Anxiety Busting Strategies'

Come and join other parents and carers to find out more about strategies that can help to reduce anxiety. We will cover sensory circuits, sensory/fidget toys, relaxation and various suitable apps. We'd welcome your experiences.



The next session will run on

Monday 9th March 2020 from 10.00am-12.00noon

In the DeafPlus Meeting Room
Community House
South Street
Bromley
BR1 1RH

Coffee and cakes will be provided

We hope you can join us

For further information and to book a place please contact us by:-

Email - autismfamilysupport@bromleymencap.org or

Telephone - 020 8466 0790

**If there are any reasonable adjustments required please let us know in advance*