FAMILY LEARNING

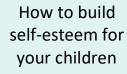
WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE



Activities provided to try out at home with your children

Understanding feelings and managing emotions

What it is to have good listening skills



Building a bank of stress management techniques

Managing your child's anxieties

Funded by:











Web: www.lecn.co.uk

Twitter: @LifeEdFamLearn Facebook: @LifeEdFamLearn

All mums, dads, grandparents and carers are welcome!

Join us at Rise Park Primary on Thursday afternoons from 1-3pm

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Session		What it's all about	
1	23 rd February	Supporting Children with Anxiety	About Me 5-day happiness challenge A-Z of coping strategies
2	2 nd March	Managing Anxiety	Ways to help children and young people manage anxiety What it means to have an attitude of gratitude
3	9 th March	Stress Management	What is stress? Understanding coping strategies Reframing thoughts 10 keys to happier living
4	16 th March	Building Confidence and Resilience	Helping your children to feel good about themselves Helping your child to have an "I can" attitude Self-esteem Top tips for resilience

If you would like to come and join Coping with Anxiety, please return this completed slip to your child's class

Please provide us with your email so we can send you course information.

Child's Name:		
Child's Class:		
Parent / Carer Name:		
Telephone:		
Email:		