

Parenting Anxious Children and Teenagers

As more and more young people are overwhelmed with anxiety, parents frequently find themselves in the powerless position of watching on helplessly, unable to intervene, as their child struggles relentlessly.

Join Bronagh Starrs, internationally renowned psychotherapist, trauma specialist, academic and author for this seminar which will focus on supporting parents of anxious children to understand childhood anxiety.

A trove of helpful strategies will be presented.



WHEN:

2nd February 2022

TIME:

7.00pm - 8.00pm

Interested? Get in touch and register today:



**NI: 07770647884
ROI: 0874697966**



zara.doherty@westerntrust.hscni.net

**FREE
ONLINE
COURSE**