



Equipping lives 4 Good



THE CPD STANDARDS OFFICE
CPD PROVIDER: 21720
2023-2025
www.cpdstandards.com

ANXIETY

*My child
& me*

This is a one day workshop for parents with children with anxiety.

This workshop will provide the opportunity to:

Explore how your child's anxiety impacts you

Explore your own triggers to anxiety

Explore your responses

Explore grounding and mindful techniques



In order to run this course, we need a minimum of 6 participants. This can be individuals or run through a school, or other provision.

These are currently funded by BCF

If you want to run as a group for a minimum of 6 parents, the total cost is £280

If you would like to book a space, or find out more please [click here](#)