

MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



SUPPORTING YOUR CHILD TO MANAGE THEIR ANXIETY

THE ANXIETY WORKSHOP AIMS TO PROVIDE FAMILIES WITH POSITIVE PARENTING STRATEGIES TO HELP MANAGE ANXIETY IN CHILDREN AND YOUNG PEOPLE AND CREATE A CLEARER UNDERSTANDING OF ANXIETY.



DATE & TIME: THURSDAY 22ND FEBRUARY 2024,
10.00AM-12.00PM



LOCATION: BLANTYRE LIFE, 90 PARK LANE,
BLANTYRE, G72 9AS

PLEASE CONTACT US TO REQUEST A SPACE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING