

# Mental Health and Wellbeing Anxiety Workshops

Trafford Sunrise are offering two online parent workshops in June 2020 on Anxiety. No Booking is required!

- Is your child anxious about going back to school?
- Are you struggling to help your child with their anxiety?
- Support your family's wellbeing during uncertain times.



## Anxiety Workshop for Parents with Children aged 5-12

Tuesday 9<sup>th</sup> June

10 am -11:30 am

Zoom Meeting ID: 740 907 3128

<https://zoom.us/j/7409073128>

## Anxiety Workshop for Parents with Children aged 10-16

Wednesday 10<sup>th</sup> June

5:00 pm -6:30 pm

Zoom Meeting ID: 740 907 3128

<https://zoom.us/j/7409073128>

**We encourage parents to attend the full workshop to gain the most benefit**

You can also see our event details and updates on Facebook and Twitter



[facebook.com/JustPsychologyCIC/](https://facebook.com/JustPsychologyCIC/)



[@Just\\_Psychology](https://twitter.com/Just_Psychology)