

DEALING WITH ANXIETY IN CHILDREN & YOUNG PEOPLE

EASTSIDE LEARNING ARE OFFERING 3 X 1 HOUR WEBINARS

TO HELP PARENTS UNDERSTAND AND SUPPORT CHILDREN & YOUNG PEOPLE WITH
EXISTING OR COVID RELATED ANXIETY ISSUES.

Webinar 1

What is anxiety & how it
presents in children &
young people; Impacts of
the pandemic on anxiety
and wellbeing

Webinar 2

Regression; Supporting
your children/young
person if they appear to
be moving backwards in
their development

Webinar 3

Helping your children/
young person to
manage BIG emotions
through co-regulation

WE RECOMMEND ATTENDING ALL THREE OR YOU CAN CHOOSE 1 OR 2 THAT ARE PARTICULARLY RELEVANT TO YOU

DATES FOR PARENTS OF PRIMARY AGED CHILDREN

WEBINAR 1 - 26TH JAN 4PM-5PM

WEBINAR 2 - 2ND FEB 4PM-5PM

WEBINAR 3 - 9TH FEB 4PM-5PM

[click here to register](#)

DATES FOR PARENTS OF POST PRIMARY AGED YOUNG PEOPLE

WEBINAR 1 - 28TH JAN 4PM-5PM

WEBINAR 2 - 11TH FEB 4PM-5PM

WEBINAR 3 - 25TH FEB 4PM-5PM

[click here to register](#)

DELIVERED BY JENNIFER NOCK -TRAINER, CONSULTANT AND CHILD PSYCHOLOGIST

WWW.JENNIFERNOCKTRAININGANDCONSULTANCY.COM

For more information Contact: learning@eastsidepartnership.com

To register your place follow the Ticketsolve link and select the appropriate workshops