

TALKING ANXIETY in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 776
16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

“This course has helped us massively. We are responding so differently, and it’s really helping us to cope day to day.”

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk