



## PARENTS' FORUM

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### Anxiety:

## BUILDING CONFIDENCE AND RESILIENCE IN OUR CHILDREN

**Tuesday, 22 May 7pm-9pm**

*refreshments from 6.30pm*

**Cost £8**

Book online at <https://www.letchworthcentre.org/classes/lunchtime-talks-and-workshops/>

or call the Letchworth Centre on 01462 678804

A forum based around anxiety for parents/carers developed by NESSie (North Herts Emotional Support in Schools Service).

The aim of this evening is to explore and discuss the issues around anxiety and give parents/carers a better understanding of their children's feelings and ways in which they can help develop confidence and resilience.

