



Parent Forum – Anxiety in Early Years (0-5 years) *with Becky Wilburn of NESSie*

Monday 30 September 9.30 for 10.00-11.30



This forum is designed to give parents of young children the opportunity to explore and discuss the issues around anxiety.

The aim of the session is to help develop a better understanding of feelings and the ways in which parents can support children develop confidence and resilience. This session is also suitable for professionals working with young children.

Cost: £8

**The Letchworth Centre for Healthy Living
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