



**FREE Live webinar**

**Anxiety my child and me**



**This webinar is for families struggling with anxiety.**

**We aim to:**

- *Help parents better understand themselves and their children through creative therapy approaches.*
- *Understand Anxiety and how it impacts us all.*
- *Focus on techniques that decrease anxiety which can work for the whole family.*

*There will an opportunity for questions during the webinar.*

*Wednesday 24<sup>th</sup> February 12-1pm*

*Join Zoom Meeting*

*Meeting ID: 892 3243 9081*

*Passcode: 028530*



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