



**BROMLEY Y**  
Building Strengths

**Webinar for Parents & Carers**

**Helping Children with  
Anxiety, Fears & Worries**

**A free, one-off session supporting parents and carers of school-aged children**

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

**Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.**

**Primary Webinars**

- Thurs 12th Sept @ 12:00**
- Weds 9th Oct @ 5:30pm**
- Sat 16th Nov @ 10:00am**
- Mon 9th Dec @ 12:00**

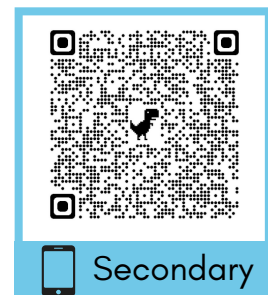
**Secondary Webinars**

- Mon 23rd Sept @ 5:30pm**
- Sat 12th Oct @ 10:00am**
- Weds 27th Nov @ 12:00**
- Weds 11th Dec @ 12:00**



Primary

To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.



Secondary

**[Places can be booked on the Bromley Y Eventbrite Page.](#)**



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