



Next group
starting
September 2018
Apply now!

Free!

Anxiety Group

For children aged 8- 12yrs who are suffering from some level of anxiety which is impacting on their schooling, family life, self-esteem, social activities or enjoyment of life.

Themes covered include;

Getting to know each other, beginning to understand anxiety, understanding how anxiety impacts on behaviour, talking about feelings and developing coping mechanisms to manage anxiety, taking care of yourself, the importance of having fun! self-esteem and celebration!

Next Group:

**Tuesdays 18th September to 6th November 2018
(excluding half term week)**

Venue: To be confirmed

**For more information or to apply for a FREE place,
please contact Sofia at Family Friends on 0300 800 1005
Email: info@family-friends.org.uk**

Please note that to qualify for the course you must live in the Royal Borough of Windsor and Maidenhead. Places are limited and only confirmed following an assessment visit with a facilitator.

