

## Supporting Children's Anxiety - Virtual Workshop

Course Name	Start Date	End Date	Site	Total Fees
Supporting Children's Anxiety - VIRTUAL workshop (May 24)	20/05/2024	20/05/2024	Distance Learning - Home	0.00

### Course Description

#### **Supporting Children's Anxiety Workshop - Virtual via Microsoft Teams**

A two and a half hour online workshop to look at how to identify and support a child's anxiety and emotional wellbeing.

#### **Course Overview**

- To share key messages to support a child's emotional wellbeing, including what anxiety is, what it looks like and how to manage it effectively
- To discuss resilience and how you as parents, carers and/or professionals can help to develop a child's resilience.
- To share resources, activities, ideas and other support services which may help to support a child's anxiety and emotional wellbeing.

#### **Delivery method**

Online via Microsoft Teams. You will be expected to complete an evaluation form.

#### **Suitable for**

Parents/carers and any professionals who wish to gain an understanding of children's anxiety and emotional wellbeing and how to support this.

#### **Progression route**

Understanding Tweenagers  
 Youth Mental Health Awareness  
 Youth Mental Health First Aid  
 Understanding Children and Young People's Mental Health - Level 2 Certificate.

If you require more information about this course, please use this link:-

[Course Information Enquiry](#)

to enquire from our website or telephone our Customer Service Team on 01724 297146.

#### **Entry requirements**

You must be aged 19+ on 31 August 2023 to join this course.

You must complete an online induction, which includes online safety, before you begin a course with us.

#### **Why you should study with us**

[Click here to see our FAQ page](#)

DISCLAIMER: You must be 19+ on 31 August 2023 and a UK resident for at least 3 years. When applying for this course, you must provide evidence to confirm eligibility for funding, which includes proof of ID and full address.