

MONDAY

7

OCTOBER

*“By understanding anxiety and
finding a way to work with it, you
will learn to manage it” - LKC
Support Services*



UNDERSTANDING ANXIETY

St Pauls C of E Junior School

**Join us for a presentation which will help
you:**

- 1) NORMALISE Anxiety**
- 2) UNDERSTAND Anxiety**
- 3) Find ways to MANAGE Anxiety**

**You will leave with knowledge, skills and
tools to support yourself and your child
when anxiety strikes.**

Please **book and make payment for your
place by emailing lkcservices@hotmail.com
- Booking is required **before 30th September**
and a **minimum** number must be met for
this event to run**

Cost: £10 pp

Time: 7:00-8:30pm