



**BROMLEY Y**  
Building Strengths

Spring/Summer

## Webinar for Parents & Carers

# Helping Children with Fears and 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 17th March @ 1pm  
Thurs 28th April @ 10.30am  
Tues 17th May @ 1pm  
Sat 18th June @ 10.30am  
Tues 12th July @ 10.30am



### Secondary Webinars

Weds 23rd March @ 1pm  
Fri 22nd April @ 10.30am  
Weds 25th May @ 1pm  
Tues 21st June @ 1pm  
Thurs 21st July @ 10.30am

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.



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



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