

MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



SUPPORTING YOUR CHILD TO MANAGE THEIR ANXIETY

THE ANXIETY WORKSHOP AIMS TO PROVIDE FAMILIES WITH POSITIVE PARENTING STRATEGIES TO HELP MANAGE ANXIETY IN CHILDREN AND YOUNG PEOPLE AND CREATE A CLEARER UNDERSTANDING OF ANXIETY.



DATE & TIME: TUESDAY 23RD JANUARY 2024,
12.30PM-2.30PM



LOCATION: NCT CENTRE, 15 MANSE ROAD,
NEWMAINS, ML2 9AX

PLEASE CONTACT US TO REQUEST A SPACE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING