

# 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 19TH MARCH 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](mailto:WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK)

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING