



**Managing Uncertainty & Anxiety**  
**Understanding & Supporting Your Child**  
**Parents and Carers Information Online Workshop**  
***Monday 24<sup>th</sup> January 2022***  
***6.30pm – 8.30pm***

As we are living through an unprecedented time with the Covid-19 pandemic, **Cottingham CofE** has teamed up with Cranford C E Primary School and Jogo Behaviour Support and are delighted to offer you an evening exploring issues around understanding and managing anxiety relating to children. The session aims to provide you with an understanding and an awareness of the issues, whilst offering some practical suggestions and strategies.

In this workshop you will gain:

- An understanding of anxiety and how it can present.
- An understanding of the potential factors that may be influencing the anxiety.
- Some strategies and interventions that parents/carers and families can use to help manage anxiety behaviours.

For more information or to register for the workshop, please click on the link below.

We will then forward the joining link nearer to the event.

[Click here to register](#)

We look forward to meeting you on  
**Monday 24<sup>th</sup> January 2022 at 6.30pm**