

**Do you live with a young person suffering from anxiety, panic and stress?**

Anxiety can really take toll on not only the child's life but your life as well. There are many pressures that can contribute to your child feeling anxious such as; finding out who they are or deciding what to do and where to go next in their lives. Anxiety can lead to you feeling distant from your child and leave them struggling with their home and social life. It can be very destructive and leave you both feeling helpless when there is little or no communication going on.

This session will equip you with the skills you need to support your child to cope and overcome their anxiety and stress, empowering them to identify their passions and focus more clearly on their future whilst giving you peace of mind.

Professional Counsellors will be there to help you every step of the training.



## **Anxiety Workshop**

*(delivered by ARC Counselling Service)*

**Tuesday 20<sup>th</sup> March**

**6:30pm – 8:00pm**

**The Bulmershe School**

**Parents of The Bulmershe School  
children in years 10 – 13**

**(Maximum 25 spaces)**

If you would like to attend this opportunity dedicated to The Bulmershe School parents, then please contact our Reception to book your place, either by email at [reception@bulmershe.wokingham.sch.uk](mailto:reception@bulmershe.wokingham.sch.uk) or

Tel: 01189 353 353 by **Tuesday 13<sup>th</sup> March**.

If you have any further questions then please do not hesitate to contact Miss Roberts at [kroberts@bulmershe.wokingham.sch.uk](mailto:kroberts@bulmershe.wokingham.sch.uk) or Miss Bradley at [ebradley@bulmershe.wokingham.sch.uk](mailto:ebradley@bulmershe.wokingham.sch.uk) or alternatively on Tel: 01189 353 353.

**LEARN TO GIVE THE  
SUPPORT YOUR CHILD  
NEEDS. HELP THEM  
TAKE CONTROL**

