



LETTING GO OF ANXIETY

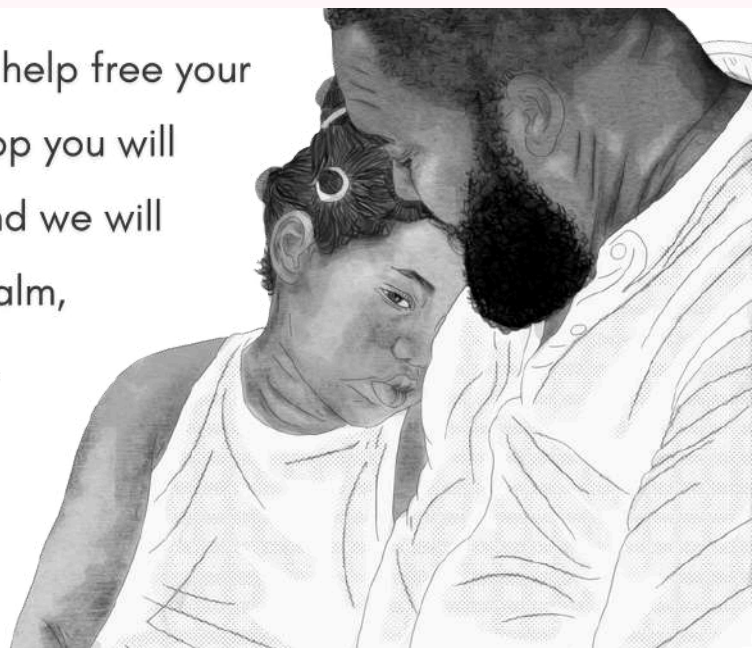
Supporting Your Anxious Child

31ST OCTOBER 2024 | £30 | 11AM - 1PM

Does your child often seek reassurance? Are they constantly worrying or having negative thoughts? Is your child clingy, complaining of tummy aches or feeling unwell? Do they struggle or refuse to go to school? Are you feeling overwhelmed or helpless trying to support your child? You are not alone.

Join us for our new webinar to learn how to help free your child from anxiety and stress. In this workshop you will learn new ways of understanding anxiety and we will explore together how you can bring more calm, playfulness and happiness into all your lives.

Don't miss this opportunity to grow your confidence whilst helping your child get their life back!



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LEARNING AIMS:

- **Gain an understanding** of what causes anxiety
- **Explore the idea** of 'anxiety triggers' and **develop a deeper understanding** of what your child might be experiencing
- **Discuss strategies to manage** your own anxiety when supporting your child
- Discover tips, advice and ideas for **how to support your child** to reduce their anxiety



WHO IS THIS TRAINING FOR?

This training is for all parents, parenting figures, carers, teaching staff, therapists, social workers and any other professionals who are supporting children and young people.



ABOUT THE TRAINERS

Dr Shoshanah Lyons

is the clinical director and founder of Beacon House. As a clinical psychologist she feels huge passion for understanding mental health and relationships through a developmental trauma lens. She is a promoter and advocate for trauma-informed health, education, social care and criminal justice.



Helen Townsend is the artist and Specialist Creative Designer here at Beacon House.

She collaborates closely with Dr Lyons to bring together specialist content into a creative, beautiful, resourceful online training experience. As an adoptive parent herself, Helen is inspired by her experience living with trauma and loss in how she portrays the learning through her artwork.



CERTIFICATES

You will be provided with an attendance certificate.

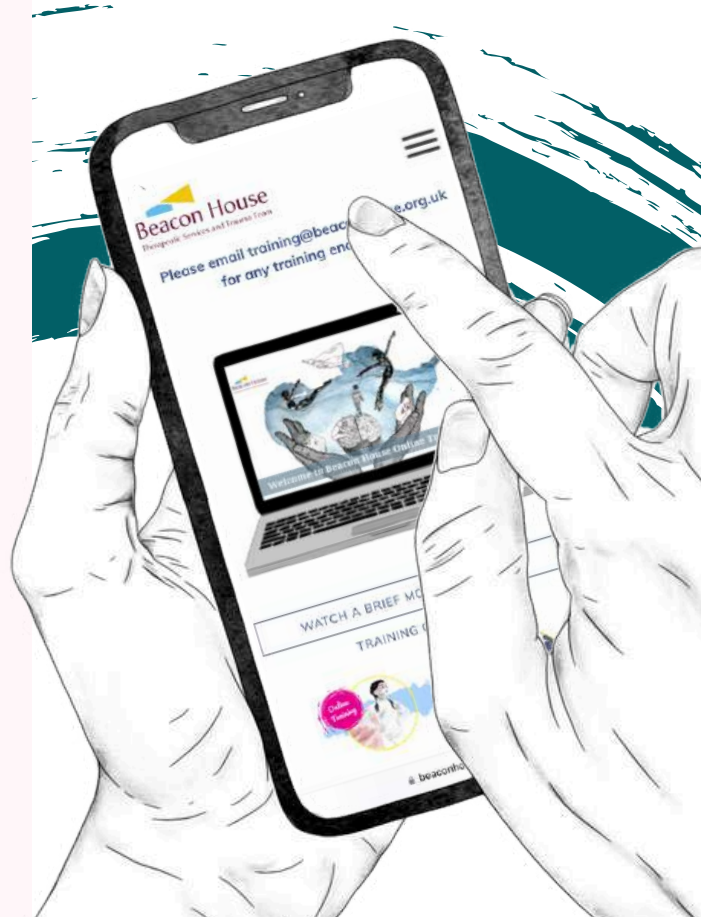
HOW TO BOOK

Please visit our website:

www.beaconhouse.org.uk/training where you can book your place online. Please email

our training team if you have any further questions:

training@beaconhouse.org.uk



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PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Refunds are available 21 days prior to the training. After this time this training is non-refundable

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