



The Contented Child

'Teenage Anxiety—understanding the impact and building strategies to thrive

Singleton Environment Centre, Wesley School Road, Ashford, TN23 5LW

Tuesday 22nd May 2018 9.30am-12.30pm

Cost £25 per delegate

Trainer Tracy Mapp

Up to 1 in 3 teenagers struggle with chronic anxiety – overwhelming feelings of worry, fear and panic that can make daily life immensely difficult to navigate.

Without support, living with persistent anxiety can result in complex and unhelpful patterns of behaviour developing and often results in a negative cycle of isolation feeding the anxiety. Positively, there are lots of effective techniques that can help teenagers reduce feelings of anxiety and learn how to keep them from taking over.

This workshop explores the wide ranging factors that can impact on anxiety levels and helps participants to develop understanding of the impact this can have on teenagers.

Participants will leave with a 'toolbox' of resources that teenagers can use on their own or with a support person to help them deal with the day to day challenges of anxiety and break free of negative cycles.

Online booking available at www.thecontentedchild.co.uk.

Alternatively contact our Events Coordinator at training@thecontentedchild.co.uk

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