



**BOOK NOW
ON EVENT BRITE**

**4 WEEK ONLINE COURSE
PARENTS**



Delivered by leading Wellbeing Education Consultant and Coach, Katie Purdy, Founder of Mindful Brain

**Tuesdays 7pm – 8pm online
18th April, 25th April, 2nd May and 9th May 2023**

Are you a parent looking for ways to support a child struggling with anxiety?

Join The Big A Anxiety Workshop online – a comprehensive program that will equip you with insight and practical strategies to help your child manage anxiety and build resilience.

Session 1: We will explore what anxiety is, how it affects the mind, brain, and body, and identify signs and symptoms to look out for. We will also examine anxiety triggers, types of anxiety, and debunk myths about anxiety. We will begin our journey to learn ways to support your child.

Session 2: We will focus on how to help your child during those peak moments of heightened anxiety. You will learn the best approach to use in this 'crisis state', when reasoning and rationalising is out of the window!

Session 3: We will learn how to reflect on peak moments and plan ahead to prepare for potential triggers. This will empower you and your child. With a collaborative approach you will feel more connected, confident, and prepared to bust anxiety.

Session 4, We will equip you with all the tools you need to prep and reset; cultivating emotional intelligence and resilience in the home! You will leave the session with a tool kit full of knowledge and skills to implement with your family.

What's more, is this term, for no extra cost, we are giving you access to a whole host of e-resources to use with your child AND specialist anxiety parent coaching between sessions.

There are only 10 spaces available. The Early Bird Discount (£89) is available until mid March!

To register and for more information visit: www.mindfulbrain.co.uk/usefullinks

WE LOOK FORWARD TO HAVING YOU JOIN US!

