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Does your Child Worry and Become Anxious?

What is anxiety and what causes it?

What techniques help manage the wobbles?

What is normal regarding anxiety?

Look at how Covid 19 impacts on anxiety and what can help.



Often when children become anxious its hard as parents and teachers to know what to do for the best. Do we ignore it, reassure them or hope its a phase they will grow out of. If your child is a worrier we are offering workshops where you and they can learn about what anxiety is Find out what can help and what techniques you can use to help your child move forward.

Following the Covid-19 Government recommendations we are unable, currently, to offer face to face workshops. However, we are very aware of how BIG an issue anxiety is; and more so at this time of significant change. Therefore we are excited to launch our workshops as virtual events. We are providing live sessions via zoom. To book onto the relevant sessions please click the link below. Book one place per family group and we will send out log on information and the meeting ID closer to the session. All sessions remain free, but if you can support us please follow the link below or click the donation button on the website menu.

'Standing in the Gap' is a charity that depends on your support. If you are able, a **£5** donation will enable us to continue to help local children.