



Empower Your Child, Ease Their Anxiety

Children and teens today face immense pressure from various sources, including transitions, exams, online, peer pressure or daily life.

Join our FREE sessions designed to help you to understand, and support your child/teen manage their stress, anxiety, or other emotions. Together, we can create a healthier, happier environment for our young, and not-so-young, ones.



Enrol now to make a positive difference in your child's life!

Scan the QR code, Visit our website **aclessex.com** and type **'CHILD ANXIETY'** or **'TEEN ANXIETY'** in to the 'Find a course...' box or phone 0345 603 7635



**COMMUNITY &
FAMILY LEARNING**



Essex County Council