



**BROMLEY Y**  
Building Strengths

Winter 21/22

## Webinar for Parents & Carers

# Helping Children with Fears and Worries

**A free, one-off session supporting parents and carers of school-aged children**

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

**Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.**



### Primary Webinars

Wed 8th Dec @ 1.00pm  
Tues 11th Jan @ 10.30am  
Sat 12th Feb @ 10.30am  
Thurs 17th March @ 1pm

### Secondary Webinars

Thurs 2nd Dec at 1.00pm  
Tues 18th Jan @ 10.30am  
Sat 26th Feb @ 10.30am  
Weds 23rd March @ 1pm

**Places can be booked on the Bromley Y Eventbrite Page.**

Please ensure you sign up for the appropriate session depending on your child's year group.

To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

[www.eventbrite.co.uk/o/bromley-y-31612643251](https://www.eventbrite.co.uk/o/bromley-y-31612643251)

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