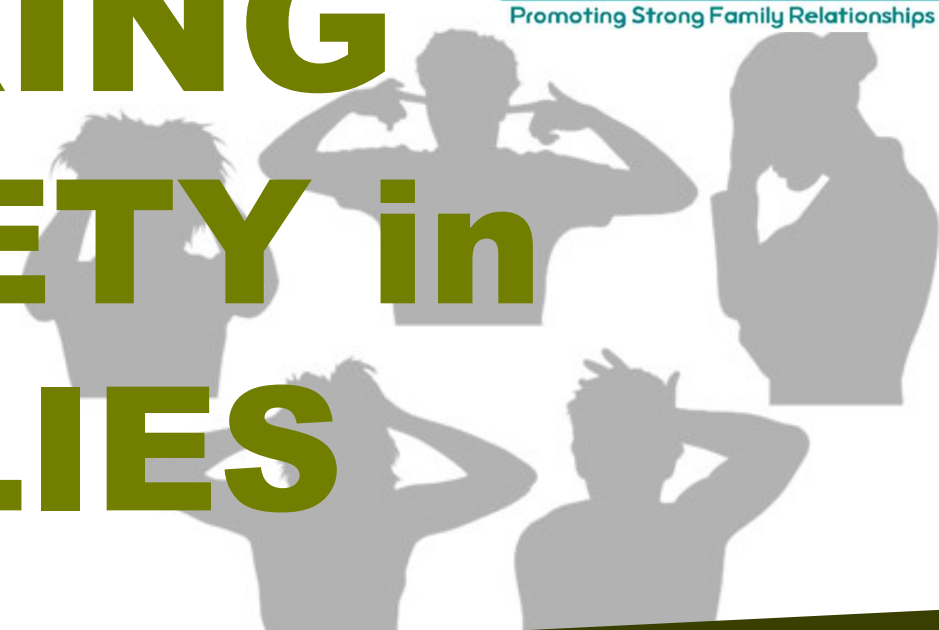


# TALKING ANXIETY in FAMILIES



**Wednesdays 9.45 - 11.30am Online Course ID: 801**  
**04-Feb, 11-Feb, 25-Feb, 04-Mar, 11-Mar, 18-Mar 2026**

**6, weekly sessions for parents and carers of children aged 2-11, supporting you to:**

- **Understand why children and adults get worried or anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

**Our online sessions are delivered weekly via Zoom.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

**“This course has helped us massively. We are responding so differently, and it’s really helping us to cope day to day.”**

**Booking essential**  
**Please quote the course ID**  
**To check eligibility and book a place, contact Supporting Links on:**

**07512 709 556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**