

# TALKING ANXIETY



**Wednesdays 7.45 - 9.30pm Course ID: 862**  
**04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026**

**Course delivered online via Zoom**

**6, weekly sessions for parents and carers of children aged 3-19, 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.**

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)**

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