

HAVERING ADULT COLLEGE

Supporting Families with Anxiety

Develop an understanding of anxiety and learn new strategies to support your child

*This **free** six-week course aims to give you an awareness of day to day challenges and equip you with strategies to support your child with anxiety.*

Through the course you will gain an understanding of anxiety, the causes of the condition and the effect it can have on an individual and others. You will gain an understanding of ways in which anxiety can be managed.



Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA211	Supporting Families with Anxiety	Bower Park	Mon	06/01/2020	19:00 – 21:30
FLA212	Supporting Families with Anxiety	Bower Park	Wed	26/02/2020	19:00 – 21:30
FLA213	Supporting Families with Anxiety	Bower Park	Thu	04/06/2020	19:00 – 21:30

*For more information about these and other courses please contact our Centre Support team on **01708 434955***

Bower Park Centre, Havering Adult College, 472 Havering Road, Romford RM1 4HR

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www.haverlingadultcollege.co.uk

Havering Adult College 

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