



ACL

FREE!

Understanding & Managing Children's Anxiety Online Live Course

Join us for a supportive and informative session designed to help parents understand what anxiety is, why children may become anxious, and how it can affect their daily lives. Discover simple, practical techniques you can use at home to help your child feel more confident, calm, and supported.

Date: 19/03/2026

Thursdays for 2 weeks

9:45-11:45am

Scan the QR code, or Visit our website acessex.com and type 'UNDERSTANDING ANXIETY' in the 'Find a course...' box



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Essex County Council