



This workshop is aimed at parents and carers that would like to learn more about causes of anxiety, what anxiety is, how to help as a parent, tools, calming techniques and key strategies.

**Wednesday 20<sup>th</sup> January at 1pm**  
**(lasting approx. 1 hour)**

If you'd like to join the workshop you will need internet access and a device able to connect to Microsoft Teams. (Full access instructions will be given once your place is booked).

We understand that you may have children in the house with you and so there is no obligation for you to stay on the call the entirety of the workshop, as we appreciate you may have to leave the call from time to time.

Please note that places are limited



Cambridgeshire  
County Council

To book your place please contact Emily Norman on  
[✉ emily.norman@cambridgeshire.gov.uk](mailto:emily.norman@cambridgeshire.gov.uk)