

Back to Basics



"Right now, we are living in an anxiety-inducing world and we are all doing the best we can."

Parentline is running 3 free sessions for parents on:

1. Our Anxiety
2. Dealing With Your Child's Anxiety
3. Assertive Communication

Come join our Parent Support Officer Julie on Zoom as she gives hint and tips and answers your questions.

When: Tuesday 25th August 2020 (session 1)

Time: 11am-12 noon

For more information or to book a place call free 0808 8020 400