

# DEALING WITH ANXIETY IN CHILDREN & YOUNG PEOPLE



## EASTSIDE LEARNING ARE OFFERING 3 X 1 HOUR WEBINARS

TO HELP PARENTS UNDERSTAND AND SUPPORT CHILDREN & YOUNG PEOPLE WITH  
EXISTING OR COVID RELATED ANXIETY ISSUES.

### **Webinar 1**

What is anxiety & how it  
presents in children &  
young people; Impacts of  
the pandemic on anxiety  
and wellbeing

### **Webinar 2**

Regression; Supporting  
your children/young  
person if they appear to  
be moving backwards in  
their development

### **Webinar 3**

Helping your children/  
young person to  
manage BIG emotions  
through co-regulation

**WE RECOMMEND ATTENDING ALL THREE OR YOU CAN CHOOSE 1 OR 2 THAT ARE PARTICULARLY RELEVANT TO YOU**

### **DATES FOR PARENTS OF PRIMARY AGED CHILDREN**

WEBINAR 1 - 26TH JAN 4PM-5PM

WEBINAR 2 - 2ND FEB 4PM-5PM

WEBINAR 3 - 9TH FEB 4PM-5PM

[click here to register](#)

### **DATES FOR PARENTS OF POST PRIMARY AGED YOUNG PEOPLE**

WEBINAR 1 - 28TH JAN 4PM-5PM

WEBINAR 2 - 11TH FEB 4PM-5PM

WEBINAR 3 - 25TH FEB 4PM-5PM

[click here to register](#)

DELIVERED BY JENNIFER NOCK -TRAINER, CONSULTANT AND CHILD PSYCHOLOGIST  
WWW.JENNIFERNOCKTRAININGANDCONSULTANCY.COM

For more information Contact: [learning@eastsidepartnership.com](mailto:learning@eastsidepartnership.com)

To register your place follow the Ticketsolve link and select the appropriate workshops