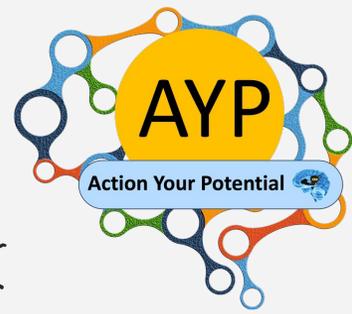


Keep Calm and Carry On



* In this workshop Andrew from Action Your Potential will look at how we can help our children build the skills of self-regulation so they can learn to manage their worries and anxiety.

This workshop is for you if:

- You struggle to get them into school some days;
- They melt down when they come home from school;
- They struggle to manage challenge and change well;
- They find it difficult to self-regulate;
- Their anxiety is impacting their enjoyment of life and the family's too.

Thursday 26 March Webinar at 7:30pm

