

# SUPPORTING CHILDREN'S EMOTIONAL WELL BEING



## Supporting Children's Anxiety FREE Workshop

Learn how to identify and support children's anxiety and emotional health.

Gain ideas on how to develop your children's resilience and self-esteem.



- Online workshop- Monday 20th May 2024 - 6pm-8.30pm

Please use the following link to book your place.

[North Lincolnshire Online Enrolment & Applications \(northlincs.gov.uk\)](https://northlincs.gov.uk)

**Telephone 01724 297146**

Adult Education and Community learning



**North  
Lincolnshire  
Council**