

Dear Varndean Families,

Please see below information from Brighton and Hove Council on workshops that they are running for families.

Support for Parents /Carers of Children Struggling with Anxiety

It's been widely reported that greater numbers of children are experiencing regular anxiety. As a parent/carer, it can be hard to know how best to support your child and what to do to help.

Family Learning runs online workshops to support parents/carers with practical strategies to help the young person. Sessions are run in small groups, allowing space to reflect on the situation and how best to help. One parent who completed the sessions commented:

“Gave practical tips as well as reassurance. I feel I'm better able to support my child with their anxiety.”

For more information or to book a place, email AEH@brighton-hove.gov.uk or call 01273 292828 stating which course you're interested in.

Courses are free to those on a low income/ means tested benefits. For other parents there is a fee of £10 for anxiety courses and £15 for resilience courses (fees are used to fund creche provision and travel for learners on the lowest incomes).

Supporting a Teen with Anxiety (secondary age)
Friday 15 and 22 October from 1.30 - 2.45pm; or
Monday 1 and 8 November from 7.30 - 8.45pm

Building a Teen's Resilience (secondary age)
Tuesdays 2, 9 and 16 November from 1.30 - 2.45pm; or
Thursdays 4, 11 and 18 November from 1.30 - 2.45pm.

Best wishes
Varndean School