

Anxiety Awareness Sessions for Parents

Are you a parent or carer of a child experiencing anxiety? This is a space to learn more about anxiety and how you can support your child.



Understanding what anxiety is
Finding out how you can help your child
Opportunities for discussion with other parents.

Dates

Wednesday 25th
October 6:30–8pm **or**
Friday 3rd November
1:30–3pm

Location

1st Floor,
Moorland House,
116 Bark Street,
Bolton
BL1 2AX



No need to book, just turn up.
This is a parent carer session only.
To refer to other parent peer support go to our website
bolton-together.org.uk
or contact us at
IThrive@boltontogogether.org.uk

Bolton

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