

# Back to Basics



"Right now, we are living in an anxiety-inducing world and we are all doing the best we can."

Parentline is running 3 free sessions for parents on:

1. Our Anxiety
2. Dealing With Your Child's Anxiety
3. Assertive Communication

Come join our Parent Support Officer Julie on Zoom as she gives hint and tips and answers your questions.

**When: Tuesday 25th August 2020** (session 1)

**Time: 11am-12 noon**

For more information or to book a place call free 0808 8020 400