



monmouthshire
sir fynwy

Free Parenting Workshop

“Working With Worries”

**Helping you to understand and manage
anxiety in your child – with a focus on
transition to Year 7**

Being delivered by the

Creative Therapies Team

You only need to attend 1 of the online workshops being offered:

- **Friday 28th July 2023 – 11:00am – 1:00pm**
- **Monday 31st July 2023 – 10:00am – 12:00pm**
- **Wednesday 9th August 2023 – 3:00pm – 5:00pm**
- **Tuesday 29th August 2023 – 4:00pm – 6:00pm**
- **Thursday 31st August 2023 – 1:00pm – 3:00pm**

Please feel free to come and join us and take part

If you wish to take part on one of the above dates, please contact

sarahjenkins@monmouthshire.gov.uk