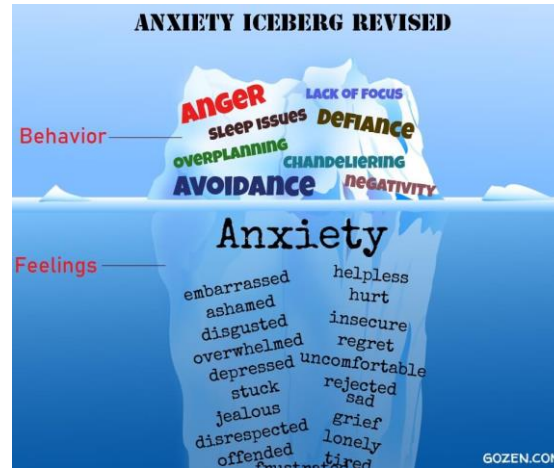


Managing anxiety and strong emotions



Guidance on how to support young people with anxiety and strong emotions

Opportunity to ask questions, gain information, advice, and guidance from Early Help Emotional Health and Wellbeing Practitioner

Thursday 17th March 2022

4.30-5.30pm

Free to attend via Microsoft Teams

Register for your place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/272132835637>

Resources will be sent out after each session

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help [-northeearlyhelp@centralbedfordshire.gov.uk](mailto:northeearlyhelp@centralbedfordshire.gov.uk)