



Barnardo's St Helens Resilience Service

Offering emotional wellbeing and resilience support to all secondary aged children and young people

Support for you, when you need it



Calm Skills

A supportive group session for parents and carers caring for young people with anxiety

In this hour long Zoom session we will look at what anxiety is, the body's reaction, thoughts/worries, adolescent brain development, connecting rather than reacting and strategies and techniques you can use with your young person to help calm their anxiety. There will also be time for questions and discussion.

There are 2 Zoom sessions to choose from on Wednesday 3rd November 9.30am – 10.30am or 5pm to 6pm. If you would like to attend please get in touch with us on the contact details below.

We also offer individual parent sessions – if you would prefer this please get in touch.

Contact us on:

☎ 07783 763382

✉ sthresilience@barnardos.org.uk

Alternatively speak to a member of staff at school



**Believe in
children
Barnardo's**

Incredible things happen
when you believe in children

Barnardo's Registered Charity Nos.216250 and SC037605



In partnership with