

“Parenting an Anxious Child”

2 ½ hour workshops in Saffron Walden

24 January 6.00pm or 25 January 10am

Is this you?

You are the parent of a child or teenager who is very anxious or angry. You are confused about where this anxiety/anger has come from and how best to deal with it. Sometimes you are reassuring and other times you think it might be best to 'toughen' your child up a little to life's uncertainties. Perhaps your time is spent sorting out arguments and disputes caused by just one family member?

Is this your child?

S/he is overly worried about tests, exams, crowds, germs, friendships, the health of the people s/he loves or frequently having big emotional meltdowns. It seems that each day brings a new thing to worry or be angry about and you are increasingly trying to manage what s/he is exposed to.

Would you like?

Understand what anxiety is really about, how it affects us and how to alleviate the symptoms?

Skills and tools to help you put the Oxygen Mask on yourself first so you can calmly help your child or teenager feel happier and more relaxed?

Learn ways to be emotionally intelligent and literate with your child or teenager?

If so come and join the workshop:

£30 workshop at FairyCroft House, Saffron Walden.

You will learn a simple energy psychology tool & technique that will transform your parenting.

To book your place click on your preferred date:

24 January 6.00pm or 25 January 10am



Inger Madsen *Helping families be happy again*

visit: www.ingermadsen.com/workshops or email: inger@ingermadsen.com