



FREE SESSION FOR UNISON EAST MIDLANDS MEMBERS

# PRACTICAL TIPS TO HELP YOUR CHILD WITH EVERYDAY FEARS

26.10.2021 | 18.00 - 19.30

VIA ZOOM

DR GEMMA HALLIDAY - RESEARCH CLINICAL PSYCHOLOGIST  
CHLOE CHESSELL - PSYCHOLOGICAL WELLBEING PRACTITIONER

**Does your child, or a child you care  
for, experience anxiety or worry?  
Do you want to build your child's  
confidence?**

Led by two clinicians, with extensive experience in supporting families, this talk will help you understand anxiety and give practical tips on how to support your child. It is relevant to any parent or adult working with children. Discover strategies to add to your 'toolkit' for even the most normal childhood worries and fears

To apply go to:

<https://eastmidlands.unison.org.uk/health-wellbeing-learning-members/>

