

Helping Family Carers



Swansea Carers Centre
Canolfan Gofalwyr Abertawe

For parents and carers of children with ALN

BACK TO SCHOOL ANXIETY

Skills session

Includes

PREPARING FOR CHANGE

MANAGING ANXIETY

HOW TO TALK ABOUT FEARS AND WORRIES

STAYING SAFE

Wednesday 17th June 10am - 1pm

Primary age

Wednesday 24th June 10am - 1pm

Secondary age

ZOOM!

The training sessions will be on Zoom.
Zoom is easy, just go to zoom app, download - its free!
We will send you a meeting number and password.

Contact

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