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Wellbeing Toolkit for Parents

A series of four webinars to support parents with their children's wellbeing including increased anxiety. The aim of the series is to provide both parents and their children with guidance and support on how they can improve their self-esteem, confidence and reduce anxiety.



Supporting my Child with Stress and Anxiety



Helping my Child Develop Self-esteem and Confidence



Practical Ways of Relieving Parent and Child Stress and Anxiety



Supporting Parents to Cope with Increased Anxiety in Autistic Children as a Result of COVID 19

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