

Dear Parent,

Quick email to let you know that places are still available for the following webinar on **Parenting Your Anxious Child – Helping your Worrier find their Warrior.**

This webinar is for teachers and parents within your school community.

Please see attached flyer informing to you of what will be covered in the webinar.

This webinar will take place on Monday 11th January 2021 Time 7.15pm-8.15pm.

To register a place please click on the link <https://buff.ly/35lsFYZ>

Seán Arthur

Limerick Education Centre

PARENTING YOUR ANXIOUS CHILD

Helping your Worrier find their Inner Warrior

An introductory webinar to support you to

- Understand anxiety and the impact it has on your child's way of being
- Respond to those anxieties in a child centered, playful way empowering your child to externalise and manage their fear
- Learn strategies to re-create a secure base from which your child can explore the world
- Explore how anxiety can lead to school refusal and develop a plan to support your anxious child to continue attending

Facilitator: Aileen Flynn, PG Dip Ed, MA, M-IAPT
Aileen has worked with children in educational settings for 20 years, specialising in S.E.N. and children with complex needs. She is a child and adolescent psychotherapist working in private practice in **The Treasure Within, Child & Adolescent Psychotherapy Clinic, Quin, Co. Clare.** From here she empowers children, their families and teachers to work together to enable the struggling child be the best he or she can be.