Back to Basics



"Right now, we are living in an anxiety-inducing world and we are all doing the best we can."

Following on from our very popular open anxiety sessions, we are now offering **one to one** sessions so parents can talk through their own experiences with anxiety and how it impacts them or their children.

Come join our Parent Support Officer Julie as she focuses on learning about our own anxiety, helpful strategies, techniques and mindfulness tips.

When: Every Tuesday in February and March (via Zoom)

For more information or to book a place call free 0808 8020 400

ParentLineNI™