

# Childhood Anxiety Talk

**By Child Therapy Specialist, Sue Rayner**

Tuesday 26<sup>th</sup> May 2022 – 7pm

Houlton School, Houlton, Rugby

**Free of Charge**

**No need to book - All welcome**

Sue has been a full-time psychotherapist for 17 years and she specialises in treating anxiety, depression, behavioural and habit change. With at least 25% of her clients being between the ages of 7 and 18, she works with both the child and a parent to overcome issues leading to behaviour and fears which stop them being who they could be, achieving what they could achieve and living the life they could live

If your child is having problems at home or at school, no longer enjoying their hobbies or pastimes, behaving in way that's "challenging" towards you, their friends, siblings or their teachers, have fears or phobias, or are lacking confidence, this is likely to be anxiety.

Often issues build up slowly, over time and before you know it there's something they can't or won't do, or something they insist on doing, or can't seem to stop. This often impacts on parents and siblings and their way of life too.

The good news is that there are fast and simple ways to deal with it yourself and Sue will offer you straightforward hints and tips to do this

The session will cover the following areas;

- What is anxiety?
- Symptoms and Behaviour
- Causes
- Therapy options (NHS and private)
- Simple things you can do to help your child

There will be time to ask questions, or you can speak to Sue after the event, if you'd prefer more privacy



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