

## Course Outline and Details

<b>Course Code</b>	FL5015Y24	<b>Title:</b>	Aiding your Anxious Child
<b>Time and duration</b>		<b>Location</b>	
Start Date:	02 April 2025	Thurrock Area	
Start Time: 12:30	End Time: 14:30		
Start Day:	Wednesday		
No. of Lessons:	1		
No. of Weeks:	1	RM17 5DD	
Total No. of Hours:	2.00		E: tacc@thurrock.gov.uk

## Description

Has your child been struggling with anxiety as a result of the pandemic? Have you noticed signs of stress as a result of continued uncertainty or constant change? This supportive session will introduce you to the effects of anxiety and some effective coping strategies that can build confidence and promote positive self-esteem. This Course is for Adults only.

## Entry Requirements

For parents/carers of school aged children.  
This is a parents/carers only course - no children are to attend.

## Learning Outcomes

By the end of the workshop you will have had the opportunity to discuss important skills to support your child and their development at home in a range of areas.

## Resources/Equipment

None required

## Progression

Other Family Learning/Tailored Learning workshops/courses.  
Further courses at TACC ([www.tacc.ac.uk](http://www.tacc.ac.uk))

## Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email [TACC@thurrock.gov.uk](mailto:TACC@thurrock.gov.uk) and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.