



Sussex  
Community  
Foundation

## Toolkit for Parents with an Anxious Child (aged 7-13)

**Is your child experiencing anxiety?**

**Would you like strategies and skills to help them and you manage their anxiety.**

With funding from Sussex Community Foundation, we are offering a free 6-week programme specifically designed to empower Parents/Carers with the skills they need to help their anxious child.

The sessions will be facilitated by Annabel who has extensive experience as a teacher, trainer and therapist using Cognitive Behavioural Therapy and Somatic techniques with children. Her expertise is in supporting parents and children with anxiety.

Places are limited. For further information or to book an exploratory telephone conversation, please contact Annabel Marriott at:

**[annabel@toolkitforanxiety.com](mailto:annabel@toolkitforanxiety.com)**