



Building confidence and managing anxiety in your child (NDD)



This 2-part **ONLINE** workshop will focus on what anxiety is, what keeps it going and how children with neurodevelopmental differences (NDD) experience anxiety.

The workshop is aimed at parents and carers of children aged 5 - 11 **who have suspected neurodevelopmental differences, on a wait list for assessment for neurodevelopmental differences or with a neurodevelopmental diagnosis (i.e. ADHD, Autism)**

The workshop will explore what you can do to manage your child's **mild to moderate** anxiety whilst building confidence in your child through coping strategies.

