Anxiety Management Groupwork Training

This course will equip delegates with the skills and resources to be able to deliver group work and support pupils experiencing anxiety. It includes a session to be delivered to parents. **It is expected that the delegates will be able to attend all 4 sessions of the course and will be the ones delivering the groupwork.**

3pm – 4.30 pm Thursday 13th September 2018

3pm – 4.30 pm Thursday 20th September 2018

3pm – 4.30 pm Thursday 27th September 2018

3pm – 4.30 pm Thursday 4th October 2018

All sessions will take place at the Learning Centre at Portsmouth Academy. The cost of the complete course will be £75.

There will be a free follow up session the date and venue of which will be decided at the final session.

There are 16 places available on this course allocated on a first come first served basis please contact Melanie Wells [melanie.wells@solent.nhs.uk](mailto:melanie.wells@solent.nhs.uk) to book a place with the attached information.

Name and e-mail contact address of delegate

Name of person and POSTAL address to which the invoice should be sent to