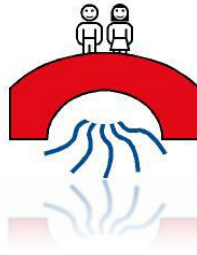




Loddon  
Primary School



# Managing Anxiety

A session 'FREE' workshop

At

Loddon Primary School in the Parent Hut

Thursday 26<sup>th</sup> April 2018

From 9.15

Presented by

Lilly Capuozzo-Butler

ARC Counselling

**Do you live with a young person suffering from anxiety,  
panic and stress?**

**Learn to give the support your child needs. Help them take control. Even If you feel that you need the support yourself too.**

**This session will equip you with the skills you need to support, cope and overcome anxiety and stress, empowering to identify passions and focus more clearly on the future whilst giving you a piece of mind.**

**Please register your interest in advance with your PSA**

**Come and see me for further details or alternatively  
contact: [psa@loddon.wokingham.sch.uk](mailto:psa@loddon.wokingham.sch.uk)**

**Direct dial: 0118 207 0210**

**PSA Mobile: 07530057905**

We look forward to welcoming you!