



Do you have a child aged 4–11 years that gets anxious and worried?

Are you unsure what can help and don't want to make it worse?

Come along to our FREE workshop for you and your child that covers:

What is anxiety and what causes it?

What is normal regarding anxiety?

What techniques help manage the wobbles?

New and updated for 2022

100% of parents would recommend this talk.

Standing in the Gap is an early intervention mental health charity, helping pre-school and primary school children manage big emotions, such as fear, anxiety, anger and grief.

We build emotional well-being with kindness, using empowering partnerships in a safe and professional manner motivated by our Christian faith.



Dashwood Banbury Academy

Monday 7th March after school in the hall.

No booking necessary, just turn up.

- Workpack and merchandise to support all our talks will be available at the event or from our online shop www.sitgap.org/shop

For more information scan the code which will take you to our website at www.sitgap.org.

We have received a grant from Sanctuary Housing to support the provision of our anxiety talks.

