

Dear Parents/Carers,

**RE: BICS WORKSHOPS**

BICS are **inviting you to join a free two-part series of virtual mental health workshops** which aim to increase your knowledge on **anxiety** and provide you with some skills and strategies to assist your young person in coping with their anxiety.

**These workshops are aimed towards the parents/carers of children and young people.**

**HOW TO REGISTER**

**Please register for each session using the 'Eventbrite' links below.**

The workshops are being held virtually to accommodate for childcare and work commitments. Please sign up to either the morning timeslot **or** the afternoon timeslot. Spaces are limited, and places will be offered on a first come first serve basis.

We look forward to seeing you at our workshops.

	UNDERSTANDING AND MANAGING ANXIETY <b>Morning Timeslot</b>	UNDERSTANDING AND MANAGING ANXIETY <b>Afternoon Timeslot</b>
<b>PART ONE</b>	Date: Tuesday 30 <sup>th</sup> January 2024 Time: 9:30 – 11:00am	Date: Tuesday 30 <sup>th</sup> January 2024 Time: 12:00 – 1:30pm
<b>PART TWO</b>	Date: Tuesday 6 <sup>th</sup> February 2024 Time: 9:30 – 11:00am	Date: Tuesday 6 <sup>th</sup> February 2024 Time: 12:00 – 1:30pm
SIGN UP LINK	<a href="https://www.eventbrite.co.uk/e/bics-workshop-understanding-and-managing-anxiety-tickets-796719458347?aff=oddtcreator">https://www.eventbrite.co.uk/e/bics-workshop-understanding-and-managing-anxiety-tickets-796719458347?aff=oddtcreator</a>	<a href="https://www.eventbrite.co.uk/e/bics-workshop-understanding-and-managing-anxiety-tickets-796757742857?aff=oddtcreator">https://www.eventbrite.co.uk/e/bics-workshop-understanding-and-managing-anxiety-tickets-796757742857?aff=oddtcreator</a>