

Wandsworth Carers' Centre



Are you the Parent/Carer of a young person (under 25) with anxiety? Struggling to cope?

Sign up today for a course of three workshops giving information and advice. Topics include:

- Recognising anxiety in a young person - signs, triggers and coping strategies
- Managing the pressures around exams, body image worries and social media
- The impact on you, family and friends
- The chance to share experiences in a **confidential** setting



The workshops will be led by child and family Psychotherapist Paul Anthony who has worked in the NHS for more than 30 years.

Time and Dates: 17th October, 7th November and 28th November from 6-8pm.

At: Wandsworth Carers' Centre, Balham Office, 46 Balham High Road, London SW12 9AQ.

Booking is essential, please call 020 8675 0811.



Registered Charity No: 1053121|Company No: 3152094|

Wandsworth Carers' Centre



Are you the parent/carer of a young person with a mental health issue? Feeling alone, at a loss?

We offer expert advice, support and information to help make life easier for both you and the young person you care for.



At Wandsworth Carers' Centre, our expert mental health team can offer sympathetic guidance and signposting on:

Anxiety, depression, other conditions, symptoms and treatments
Strategies for you to support the young person you care for
Child and adolescent mental health services in the borough

We also offer benefits advice, complementary therapies including osteopathy, counselling, workshops and support groups in our offices in Wandsworth and Balham.

To register, call 020 8871 1200 or email
support@wandsworthcarers.org.uk



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