

## HEADS TOGETHER

Information, support and counselling  
for young people aged 14-24

Heads Together  
YMCA East Surrey  
Hillbrook House  
68 Brighton Road  
Redhill, Surrey  
RH1 6QT

T 01737 378481  
E [headstog@ymcaeast Surrey.org.uk](mailto:headstog@ymcaeast Surrey.org.uk)  
[www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)  
Registered charity no. 1075028

### Supporting Young People with Anxiety Workshop

At Heads Together we recognize how difficult it can be for parents and carers to support children and young people who are experiencing emotional difficulties. It can have an impact on the whole family and often leave you feeling helpless, isolated and questioning what you are doing. To meet a clear need, we have developed a series of workshops designed to give parents a better understanding of mental health issues, to introduce strategies for supporting a child or a young person struggling with these issues and to reduce feelings of isolation and foster peer support by encouraging discussion between parents in similar situations.

The first of these workshops will focus on **anxiety**, and is being held on 11<sup>th</sup> October 2017 from 10.30am – 12.30pm. The workshop will be split into two parts:

- In the first hour we provide information and introduce strategies to support a young person experiencing anxiety. The aims and objectives for this part are to:
  - Understand the differences between stress and anxiety
  - Recognize the signs of anxiety
  - Understand the physiology of anxiety
  - Think about ways of supporting young people who experience anxiety
- In the remaining hour we facilitate a parent discussion group, giving you a chance to meet other parents in similar situations and support and share experiences with each other. There is no pressure to share information about yourself in the support group – sometimes parents find that just listening to others can be support enough. You are welcome to leave after the information session if you do not wish to attend the group discussion.

Our workshops in this series will take place the YMCA Sovereign Centre, Slipshatch Road, Reigate, RH2 8HA.

If you would like to attend, or if you have any questions about these workshops, please contact [Sandhya.Gulati@ymcaeast Surrey.org.uk](mailto:Sandhya.Gulati@ymcaeast Surrey.org.uk) or [claire.black@ymcaeast Surrey.org.uk](mailto:claire.black@ymcaeast Surrey.org.uk).

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