

Info evening: Dealing with anxiety in children and young people

Joint session with psychologist Dr Karin Nachbar on the topic of "Dealing with anxiety in children and young people"



Praktikable Lösungen für die Unterstützung
von Kindern und Jugendlichen

Dr. Karin Nachbar, Diplom-Psychologin

Umgang mit Ängsten

Do 14.03.24

Wir bitten um vorherige
Anmeldung!

16.00–18.00 Uhr

AWO Kita Möllenstegge

Möllenstegge 1
46395 Bocholt



Unterbezirk
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Landesamt
Recklinghausen

Parents very often ask themselves how they should deal with their children's fears. Children are afraid of falling asleep, of the dark or the monster under the bed. Older children and teenagers are afraid of school, exams and worry about many things.

Experiencing anxiety often leads to educational insecurity:

- How do I deal with my children's fears?
- Which fears are normal and at what age?
- Should I comfort them or encourage them to persevere?
- Can I show my own fears to the children?
- How can I make my child brave and strong?
- How can we support each other in the family in the event of anxiety?
- And: What is fear anyway - what can it perhaps be good for?

The aim of this group discussion is to find practical solutions for supporting children and young people with anxiety - and to strengthen personal parenting skills.

Moderation: **Dr Karin Nachbar**, qualified psychologist and child protection worker, head of the Counselling centre for children, young people and parents

Please register for the event!

Telephone: [+49 2871 186215](tel:+492871186215)

Event Details


Date:

 14. March 2024

Time:

 16:00 - 18:00 clock | Um Anmeldung wird gebeten

Venue

 **AWO Kita Möllenstegge**
Möllenstegge 1
46395 Bocholt

Organizer:

 **AWO Kita Möllenstegge**

