

# Free Parenting Clinics

with

Anisa Lewis

Positive Parenting

[www.anisalewis.com](http://www.anisalewis.com)



## October

10th @ 12.30pm

## Anxiety

(3 to 18-year-olds)

Does your child show signs of anxiety?

What exactly is anxiety?

How can I support my child with anxiety?

Anxiety can manifest in our children through constant worry, excessive avoidance, social fearfulness, perfectionism and irritability.

If this resonates with you and you are curious join Anisa (Parenting Coach) on the 10th of October for her monthly Free Parenting Clinic, this talk is focused on Anxiety and what we can do to support ourselves and our young people.

Join us on Zoom, for the 30-minute talk.

Book here:

<https://anisalewis.as.me/theclinic>

or

email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link

(The Clinic is recorded and the replay is sent out to all who register so you don't have to make it live)