



Sarah Ellis

Potential

**DSPL** | Delivering Special  
Provision Locally

*Achieving quality outcomes*

**Dacorum**

**ISL** Integrated  
Services for  
Learning

*working together locally*

ESMA Pupils Achieve

# Helping your child through anxious times

A **FREE** five week course run by Tracy Haase and Sarah Ellis explores how we are able to help our children by recognising signs of anxiety and responding to them positively through solution focused strategies.

This course is not appropriate for parents of children either on the autistic spectrum or those displaying autistic tendencies as the strategies are different.

**7.00pm – 9.00pm**

Wednesday 10<sup>th</sup> October

Wednesday 17<sup>th</sup> October

Wednesday 24<sup>th</sup> October

Wednesday 7<sup>th</sup> November

Wednesday 14<sup>th</sup> November

Gade Community Room, Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

**Free parking and refreshments provided**

Please note that this course is only open to Dacorum parent/carers

**Information and bookings:**

**Ashley Fabray - 07525 917125 Email - [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)**