

# Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?  
Would you like to know what anxiety is and gain some understanding on how to manage it?



A two-hour online talk delivered by  
Jane Keyworth, Lead Facilitator at **FACE**  
**THURSDAY 2nd MAY 7-9PM £24**  
Available to book now [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

## Supporting a Child with ADHD Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session  
that explores this topic and challenges stereotypes.

**[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)**  
(7pm to 9pm) £24  
**Book now via the website**