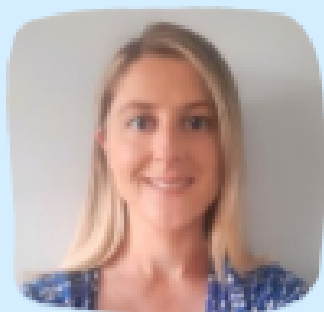


Building Connectedness in Our School Communities

WEEK 1 OCTOBER 4TH – 10TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 2 "Understanding Anxiety and Supporting my Young Person"



A TALK AIMED AT PARENTS

by Eimear Collins and Paul Johnston

Programme Co ordinators & Facilitators with Archways, Centre of Excellence for Child and Family Programmes

Archways is a national organisation that was established in 2007. They currently deliver a number of evidence based programmes including the Incredible Years® Suite of Programmes, the Mentoring for Achievement Programme and Functional Family Therapy.

Archways works in collaboration with local and national agencies to research issues impacting young people, families and communities to identify evidence based programmes and approaches to meet their needs. They provide training and coaching to communities to enable them to deliver sustainable programmes that build on their existing strengths and resources. Archways have provided training for Co. Wexford schools for the past two years supported by basis.point and co ordinated by Wexford Local Development.

This talk will focus on understanding what anxiety is and how it can affect young people; understanding what worry is and what worries are typical among young people; developing tools and strategies that can support young people in your life and finally learning about factors which affect and influence development in young people.

Click [here](#) for the talk

Please click [here](#) to give us your feedback