



We are delighted to offer a workshop on

Working with Anxiety

Friday 28th June 2024

Cost includes refreshments. Please bring a packed lunch

£80.00 per person

£60.00 per person for students and for those working for charities and churches

**At Colchester Road Baptist Church, Ipswich
(Entrance on Sidegate Lane, IP4 3DL)**

From 9.15am for prompt 9.30am start to 4.15pm (6 hours CPD)

Facilitated by Emma Moat

Emma Moat is an experienced Play Therapist, Counsellor and SandStory Therapist and Trainer who has over 15 years of experience of working with children and teens in a variety of institutions. She currently works in private practice and in schools supporting children and adults, as well as delivering a wide range of training both in the UK and abroad. www.cambridgecreativecounselling.co.uk

This day is suitable for student & qualified Counsellors, Supervisors, Ministers & Church Leaders, Pastoral & Youth Workers, Teachers & Teaching Assistants together with anyone with an interest in this subject.

Are you working with children or adults who struggle with anxiety on a daily basis?

Anxiety can also severely affect self-esteem, to the point where day to day life becomes difficult. Whilst exploring anxiety, this course offers creative ideas and hands-on activities that will help you better support the people you work with and care for. It is designed to be a creative and practical day giving you an opportunity to share ideas and engage with others in a safe and confidential setting.

This training is face-to-face.

Should you require further information please contact *Inspire* on 01473 217694 or e-mail Carole Sherratt at contact@inspirecounselling.org.uk