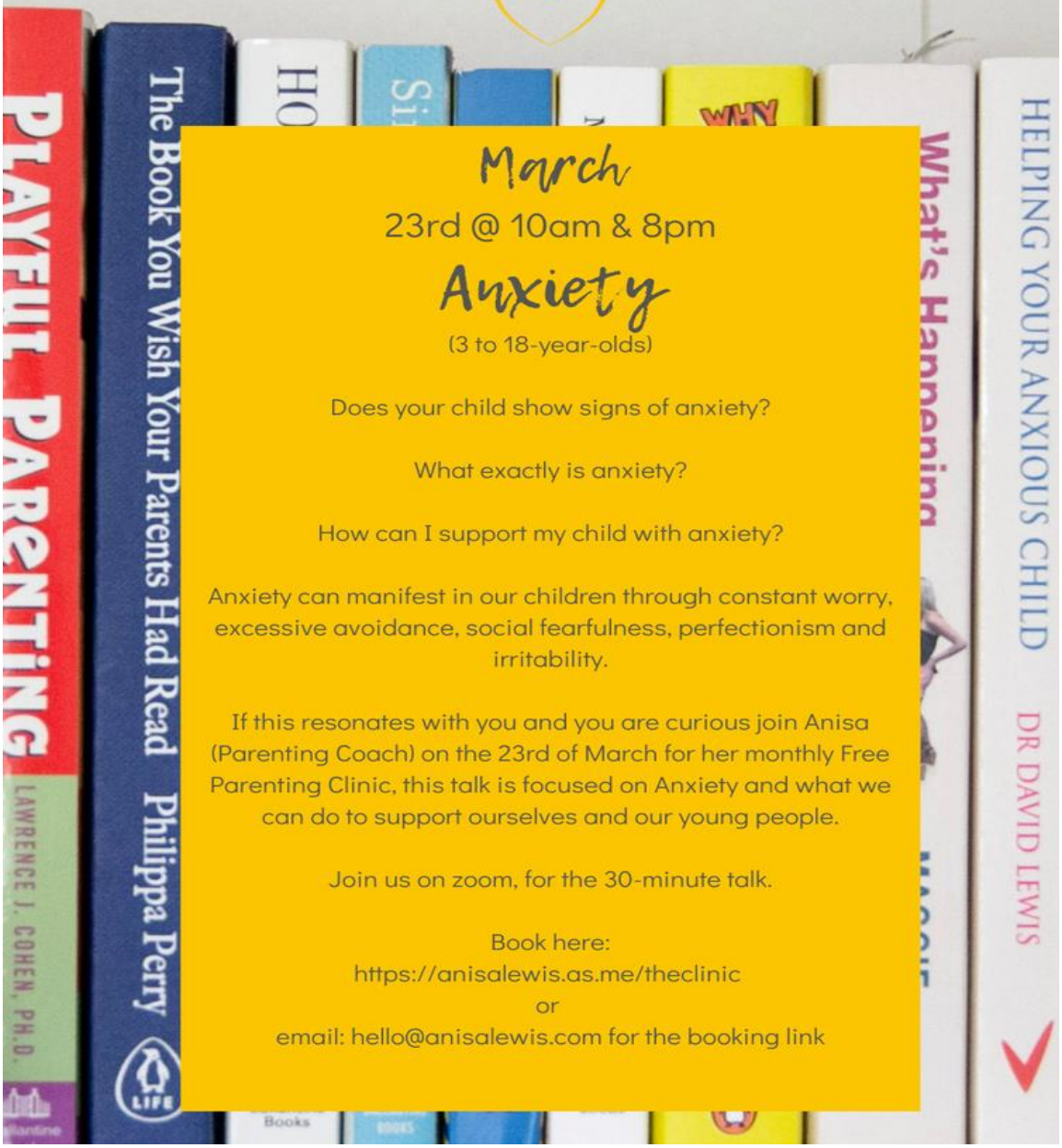
Free Parenting Clinics

with
Anisa Lewis
Positive Parenting
www.anisalewis.com



March

23rd @ 10am & 8pm

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 23rd of March 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 for the booking link