

Anxiety Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with Anxiety?
Why not drop in and meet children's therapists to discuss what you can do to support? Learn
more about strategies to support with Anxiety.

Free resources to take home.

Venue: Blaydon Primary Care Centre, Shibdon Rd, NE21 5NW

Date: Thursday 6th February

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR

Date: Friday 7th February

Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Whickham Library, 9 Front St, NE16 4DN

Date: Monday 10th February

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Christ Church Felling, Gateshead NE10 0HQ

Date: Wednesday 12th February

Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Gateshead Central Library, Prince Consort Rd, NE8 4LN

Date: Thursday 13th February

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Winlaton Centre, North Street, NE21 6BY

Date: Thursday 13th February

Time: Professionals – 09:30 - 10:30 Parents/Carers - 10:30 - 11:30



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Venue: Birtley Leisure Centre, Durham Rd, DH3 2TB

Date: Monday 17th February

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Baltic Centre for Contemporary Art, Gateshead NE8 3BA

Date: Wednesday 19th February

Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Dunston, Unit 2, Clockmill Rd, Dunston, Gateshead NE8 2QX

Date: Thursday 27th February

Time: Professionals - 09:00 - 10:00 Parents/Carers - 10:00 - 11:00

