



Family Anxiety Empowering Package for STAND Families with children and young people with additional needs and disabilities

During these stressful times STAND North Wales CIC are offering a **limited number of Family Anxiety Empowering packs in each of the six counties we support with thanks to funding from the Early Help Transformation Fund: Children and Young People 2**

We feel it is important for families to have the skills and knowledge to support the family unit whilst remembering to reduce their own anxiety and stress. We would like to offer parents/carer with a package to enable them to have the tools to reduce the stress on the family and themselves.

An example of what the pack will contain:

Grounding cards / Worry Monster / Breathing exercising visuals / Mindfulness activities book / Wellness Journal / Gel Mask to help with sleep / Fidget sensory toy / Colouring

For more information about the boxes and to order please email [sarah@standnw.org](mailto:sarah@standnw.org)

Please note the boxes for each county will be issued on a first come first served basis on completed booking forms received



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