

# CUES

Coping with Uncertainty in Everyday Situations

Is your child experiencing feelings of anxiety? Are you looking for information on how to help them? CUES is a training course for parent/carers to support their children with the feelings of anxiety they are experiencing.



Uckfield Family Hub

CUES workshops will be running throughout the year in Family Hubs across East Sussex. The workshops are once a week for the duration of five weeks. Please sign up to a workshop using the QR code below

Supportive and safe space

Breath of fresh air

A community of parents

Helping you to deal with your child

Scan the QR code for more information

Uckfield Family Hub,  
1 Manor Close,  
Uckfield, TN22 1DL

