

Supporting your Child With Anxiety

Parents Workshop

- Understanding Anxiety
 - Signs and symptoms
 - What's keeping anxiety going?
- How to talk about worries with your child
- Strategies to support your child's wellbeing
 - Support & Signposting



DATE: THURSDAY 30TH APRIL

LOCATION: CHARLTON-ON-OTMOOR PRIMARY SCHOOL

TIME: 1PM-3PM

HOW TO BOOK: PLEASE EMAIL THE SCHOOL OFFICE. EVERYONE IS WELCOME BUT IT WOULD BE HELPFUL TO KNOW NUMBERS.



Delivered by Cat Hughes
*-Education Mental Health
Practitioner-*