

Understanding Anxiety- A Parent's guide

Does your child display symptoms of Anxiety and would you like some support with this?

If so, then this workshop is for you!



Topics that will be covered are:

- *Understanding what Anxiety is.
- *Understanding how it can affect our children.
- *Understanding how anxiety is maintained/what keeps it going.
- *Useful strategies and tips to help your child manage worries.
- *Signposting to other useful interventions and service

Join us for a workshop at St Simon and St Jude Primary school.

Thursday 30th January 2025

1.30-3.00pm

Please speak to your child's school or your Education Mental Health Practitioner linked to your school to show your interest. There are only 20 spaces available.