

# ANXIETY

## Workshop for Parents



**Is your child  
struggling to  
get into school  
in the  
morning?**

**If you are finding it difficult getting your child into school because either you or your child is feeling anxious, then this workshop is for you!**

**The Mental Health Support Team is running a 1.5-hour workshop for parents of children in reception.**

### WHAT?

Understanding anxiety  
Strategies/coping skills & next steps  
in accessing additional support

### WHEN?

**Wednesday 5th October, 2022**

11am - 12:30 pm

**OR**

**Wednesday 5th October, 2022**

3:30pm - 5pm

### WHERE?

**Online via Microsoft Teams.**

A link will be sent to your email address when you sign up.

*No obligation to participate if you just want to listen!*



**Sign up by Tuesday 4th of October, by following the link below. Please select your preferred time:**  
**<https://bookwhen.com/mhst-pboro>**

**Email us on: [ccs.mhst@nhs.net](mailto:ccs.mhst@nhs.net) for any questions**

