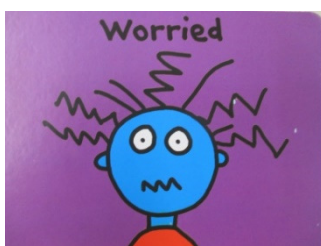


Are You Worried About Your Child Feeling Anxious?

Workshops Supporting Parents and Carers with Anxious Children



4 sessions of interactive workshops for parents and carers of children aged 6-11 years, with low to moderate anxiety difficulties such as:

- Worrying about going to school or being away from home
- Worrying about friendship issues
- Worrying about what other people think
- Thinking the worst will happen (catastrophising)

These workshops will be delivered by the Huntingdon Mental Health Support Team remotely via Microsoft teams.

Thursdays 12pm-1pm:

Dates and Times may be subject to change

**14th January
21st January
28th January
4th February**

What will be covered:

**Session 1 – Understanding Anxiety
Session 2 – Creating Step-by-Step Plans to tackle fears
Session 3 – Problem Solving difficulties
Session 4 – Helping Things Last**

Please speak to your Headteacher, SENCO or Mental Health Lead in school who will complete a referral and consent form, which you will be asked to check and sign.

