





SUPPORTING YOUR CHILD WITH ANXIETY



TUESDAY 27TH AUGUST [AT] 1PM FORMBY PDC - L37 6EW

Come along to the parent and carer supporting your child with anxiety workshop delivered by the Team Around The School Link Workers & Holly from Kooth

This informative workshop provides tips and strategies to support parents and carers with a greater understanding of anxiety, practical ideas to support your child and the importance of sleep





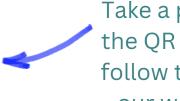


SUPPORTING YOUR CHILD WITH ANXIETY



THURSDAY 29TH AUGUST [AT] 10AM





Take a picture of the QR code and follow the link to our workshop

Come along to the parent and carer supporting your child with anxiety workshop delivered by the Team Around The School Link Workers & Holly from Kooth

This online informative workshop provides tips and strategies to support parents and carers with a greater understanding of anxiety, practical ideas to support your child and the importance of sleep







MENTAL HEALTH SUPPORT DROP IN FOR PARENTS / CARERS & PROFESSIONALS



THURSDAY 15TH
AUGUST [AT] 1PM 3PM

CAMBRIDGE FAMILY WELLBEING CENTRE

Team Around The School TAS Link Workers will be in your local health and wellbeing centre.

Come and join us to have a chat, discuss your concerns around your children's mental health, seek support, guidance, or signposting discussions.

Or just come to have a coffee and a catch up 😊







PARENT MENTAL HEALTH & WELLBEING



THURSDAY 22ND AUGUST

[AT] 1PM - 3PM

CAMBRIDGE FAMILY WELLBEING CENTRE

Come along to our wellbeing workshop delivered by the Team Around The School

Link Workers

This two hour workshop will focus on the mental health and wellbeing of you the parents.

Come and join up for a coffee a chat and gain a better understanding of what you can do to support your mental health

