

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

SEE YOU THERE!

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

SEE YOU THERE!

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 😊

SEE YOU THERE!

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



SEE YOU THERE!