

Managing Your Child's Anxiety

A face-to-face workshop for parents and carers of Foxhills Federation offering information around what anxiety is and tips for how to support your child

DATE and TIME

Wednesday 21st January, 9.15-10.15am at the Junior School

(Tea and coffee available from 8:45am)

Topics covered:

- What is anxiety?
- When & why does anxiety become a problem?
- Causes of anxiety
- Maintenance of anxiety
- How to help your child
- Strategies and resources

What To Expect:

The workshop will be delivered by experienced mental health practitioners from your schools' Mental Health Support Team. They will talk through the topics listed and give strategies on how to support children who may be having difficulties with managing worry and anxiety. There will be time for questions and discussion.

MENTAL HEALTH
SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.




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