



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Parent Workshop

Aimed at parents of children in primary school

Supporting Your Child with Worries & Fears

Thursday 25th September at 1.30pm-
3pm

Are your child's worries and fears starting to impact their day to day life? Would you like to come and **meet with other parents and carers** and learn about ways to **support your children so they can manage their concerns and enjoy themselves more?**

You are invited to a workshop which focuses on **understanding what anxiety is, the symptoms** you may notice in your child and some **techniques to help manage this anxiety.**

This workshop will be held at Hawkhurst Primary School. If you have any questions or would like to attend, please speak to Mrs Poland.

We look forward to meeting you.

