



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Parent Workshop

Aimed at parents of children in primary school

Supporting Your Child with Fears & Worries

Monday 29th January 3:30-5pm

at Davington Primary School

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.**

If you have any questions please speak to Miss Cooper, Mrs Davison or your child's teacher.

We look forward to meeting you.

