

Kent Emotional Wellbeing Teams

NELFT NHS Foundation Trust

Parent Workshop Supporting Your Child with Worries & Fears

Time: 1.30-3pm

Venue: Davington Primary School

Date: Thursday 14th March 2024

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.