

## Croydon Mental Health Support Team



**Anxiety workshop for parents of primary age children**

**Facilitated by The Trailblazer Croydon Mental Health Support Team**

**When: Tuesday 16 May 2023**

**Time: 12:30 to 13:15**

**Online: Click on the link below to register**

<https://www.eventbrite.com/e/anxiety-workshop-for-parents-of-primary-age-children-tickets-624358181127>

### **Aims of workshop:**

- ✓ What is anxiety?
- ✓ What does anxiety look like?
- ✓ How do I know if my child is anxious?
- ✓ How do I help?
- ✓ Tips and resources.

Calling all  
parents/carers for an  
informative Anxiety  
Workshop!

If you would like more info, please contact your school's:

Wellbeing team

SENCo