



FREE

2 SESSION WORKSHOP - APPROX. 1HR EACH

Supporting your child with anxiety or worry

These sessions are available for parent/carers who are looking to understand and support their child with anxiety or worries. The sessions cover theory around anxiety in young people, potential triggers and maintenance factors, and key strategies to support their child with managing worries. It also explores parental wellbeing and the importance of this when supporting children.

To find out more, speak to a member of school staff



scan me or access our social media for other information or resources



@DORSETMHST