



PARENT BUILDING CONFIDENCE WORKSHOP

Does your child often feel scared or show physical symptoms of anxiety?

Are worries stopping them from doing the things they want to do?

Are you struggling to know how best to help?

Join the Mental Health Support Team for an online workshop looking at how you can help children manage their worries and build confidence

We will be looking at the following:

Why you are best placed to offer support

How worry affects us and what keeps this maintained

Strategies you can use to support your child



Wednesday 31st July - 1-4pm

Monday 12th August - 10am-1pm

Thursday 29th August - 3-6pm

For more information about attending, please access the following link:

<https://bookwhen.com/cambridge-n-ely-mhst>