



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Aimed at parents of children in primary school and year 7

Supporting Your Child with Worries & Fears

9.30-11am Friday 30th September

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 focusses on **understanding what anxiety is, the symptoms** you may notice in your child and some **techniques to help manage this anxiety.**

If you would like to join, please **ctrl + click the link below:**

[Click here to join the meeting](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school.

We look forward to meeting you.

