



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Parent Workshops

Supporting your child with anxiety and emotional regulation

Tuesday 18th April 12-1pm

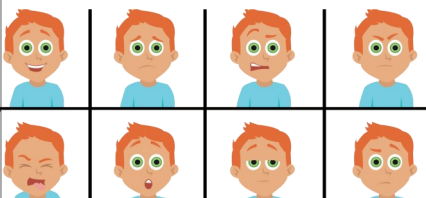
Delivered by Dr Joshua Nice (Clinical Psychologist)

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?**

Join on your computer or mobile app

[Click here to join the meeting](#)

If you would like to join please 'ctrl + click' to join the meeting Currently, this workshop is on available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools.



Our workshops are held via **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 or **email**

EWTandESTenquiries@nelft.nhs.uk

We look forward to meeting you.

