



## Workshop: My Child, School & Anxiety

**"I cannot stop worrying about going to school"**

**"I don't want to go to school"**

**"They don't seem very happy with going back"**

**"They seem to be unable to cope with their emotions, and I don't know how to help them"**

A one off virtual workshop for parents, to provide early support for children who have anxieties about returning to school following a school break.

This workshop provides strategies to support your child with their anxieties around going to school

**Location:** Virtual Workshop

**Dates:** 1<sup>st</sup> June 2021 10-11.30am  
25<sup>th</sup> August 2021 3.30-5pm  
31<sup>st</sup> August 2021 11-12.30  
26<sup>th</sup> October 2021 9.30-11am  
4<sup>th</sup> January 2022 9.30-11am

To book your free space on one of the early support workshops

<b>Call us on</b>	<b>South Essex</b>	<b>0300 247 0013</b>
	<b>Mid Essex</b>	<b>0300 247 0014</b>
	<b>North East Essex</b>	<b>0300 247 0015</b>
	<b>West Essex</b>	<b>0300 247 0122</b>

\*NB when calling, you will be asked to provide us with your email address in order to receive the link for the virtual workshop.

Services commissioned by:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

