



Supporting Children to Overcome their Anxious Thoughts and Worries Workshop

1.15 – 3.15 on 22/09/22

To book your place please contact

Mrs D Payne DPayne@birchhillprimaryschool.co.uk by 19/09/22

The course is for adults supporting children **not** the children themselves
Please provide an email address as you will be asked to complete an enrolment
form prior to the start of the session.

Helping children to overcome anxious thoughts and worries

A 2-hour session looking at

- What happens when children become anxious
- The impact that current events have had on children's mental health
- Techniques for helping children deal with their fears / worries
- An opportunity to ask questions
- A safe place to share your own worries and concerns.

