



BIRCH HILL
PRIMARY SCHOOL AND NURSERY
Learn, Believe, Achieve Together

Supporting Your Child to Overcome their Anxious Thoughts and Worries Workshop

Birch Hill Primary School
Tuesday 25th February 2025
9 – 11 am

To book a space please email your full name to
d.payne@maidenerleghttrust.org or Inge.Taylor@bracknell-forest.gov.uk



A 2-hour session looking at:

- What happens when children become anxious?
- How to identify the triggers.
- Techniques for helping children deal with their fears / worries.
- An opportunity to ask questions and share your own thoughts and feelings