

Parent & Carer Session
Supporting your child with fears & worries

Join Us

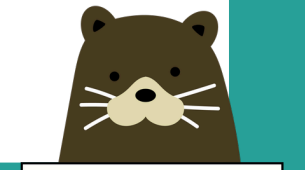
Tuesday 8th December
2:15pm-3:15pm

Please come to the main entrance

Is your child worrying a lot? Are they finding it difficult to do everyday activities because they feel nervous or afraid?

Lots of children experience worries about all different things, and it can be really tricky to know how to help.

If you would like to learn some ways to talk to your child about their worries and help them to feel a bit braver, please come along to this free session with Ellie from the Mental Health Support Team.



Community Children's Health Partnership

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