



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

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

Call us on	South Essex	0300 247 0013
	Mid Essex	0300 247 0014
	North East Essex	0300 247 0015
	West Essex	0300 247 0122

*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: