



PARENT COFFEE MORNING

Are you a parent of a child with anxiety?

Would you like some tips on how to support your child in managing their anxiety?

The Mental Health Support Team (MHST) is a new early-intervention service that supports children and young people, their families and school community with mild to moderate mental health difficulties.

We have the pleasure of inviting you to a coffee morning where you can chat with other parents and members of the MHST team.

There is no need to book, please go to the school office on the day.

Details

Date	Friday 28 th November
Time	9:00 – 10:30am
Location	St Mary's Academy