



Navigating Anxiety: A Workshop for Parents

Is your child struggling with anxiety? You are not alone. Join the Mental Health Support Team (MHST) for a supportive and informative workshop designed specifically for parents like you. This session provides a safe space to gain valuable insights, learn effective strategies, and connect with other parents facing similar challenges.



- **Understanding Anxiety:** Learn the common signs and symptoms of anxiety in children.
- **Practical Tips & Advice:** Discover evidence-based techniques to help your child cope with worries and fears.
- **Building Resilience:** Learn strategies to foster healthy emotional habits and confidence in your child.
- **Linking with Other Parents:** Share experiences, offer mutual support, and build a community network.

Tuesday 27th January 2026

9:15 - 10:45 AM

No need to register in advance - simply come to the studio