



How To Support Your Child When Anxiety Takes Over:

Please come along to our friendly workshop with Maria North (Mental Health Support, CAMHS Specialist and Community Advisor) and Mrs Wilson.

**Thursday 27th February at 10am – 11am
or Wednesday 4th March at 4pm – 5pm**

These events are at Creswell Junior School in the school hall. Free of charge and all welcome!

Refreshments will be available.

What will be covered?

- ❖ Emotional understanding
- ❖ What do we mean by anxiety ?
- ❖ What is anxiety?
- ❖ Childhood anxiety
- ❖ Understanding children's anxiety
- ❖ How anxiety effects us
- ❖ Anger and challenging behaviours
- ❖ The problem with avoidance
- ❖ When is anxiety a problem
- ❖ Things you can do to help

