

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Supporting your
child with worries
and anxiety**

**Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)**

**On Monday online
10th November
12:30 - 1.30 pm**

**We are talking
about:**

**Signs of anxiety in children.
Common Worries
for Children.
Fight Flight Freeze.
The Cycle of Anxiety and
what keeps the cycle going.
Top tips on how to
break the cycle.**

Join the meeting on Teams

Meeting ID:

380 467 618 993 3

Passcode: Xj2r8Cq9

