

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

You're invited to our upcoming workshop on...

INTRODUCTION TO ANXIETY

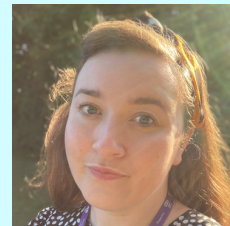
All children experience anxiety but for some children this can start to impact their wellbeing.

It can be difficult for parents/care givers to know how best to support children to overcome challenges.

This workshop is for parents and caregivers to have an introduction to anxiety and how it presents in children as well as learn some tools which help with managing anxiety.

Meet the facilitator - Nikki

Hi, I am excited to meet you at the workshop.



Monday 20th October 2025

1:25 arrival - 1:30-3pm workshop.

Fairisle Junior School.

Please complete the google forms so that we have a rough idea of numbers.