

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

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

SUPPORTING YOUR CHILD THROUGH SATS

Our workshops are informal, non-judgemental, spaces where you can find out more about the topic, take away some practical tips, and meet other parents/carers.

Come along and find out more about...

- What is stress and anxiety?
- Practical tips to support your child.
- Emotional techniques to support your child.
- Reducing your own stress and worries.
- Further support.



Tuesday 21st April 2026
2-3pm
Fairisle Junior School

To sign up please complete the google form so we have an idea of numbers