

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

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

INTRODUCTION TO ANXIETY

All children experience anxiety and worries but for some children this can impact day to day life.

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.



Wednesday 20th May 2026
1:55 arrival - 2-3pm workshop.
Fairisle Junior School.

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

The Mental Health in Schools Team are an NHS service who work in schools across Southampton.