



SUPPORTING YOUR CHILD WITH ANXIETY PARENT WORKSHOP

The Chester and Winsford Mental Health Support Team
(MHST)

is pleased to offer a one off parent workshop in school
for parents & carers who want to support their child
who may be struggling with anxiety.

When: Tuesday 17th March

Time - 9.15 - 11.30

Within the workshop we will look at topics including:

What is Anxiety: Signs and Symptoms

**How our responses as parents can impact
on our child's anxiety**

Practical strategies to support your child