



# Thursday 13th June Parent Webinar 6pm - 7pm

## Understanding anxiety Workshop

We would like to invite parents/carers of young people to a workshop which explores anxiety -

### The Webinar explores :

- To gain an understanding of the support provided by the Mental Health Support Team (MHST).
- To identify possible signs and symptoms of worry in children and young people.
- To learn strategies to support your child if/when they are experiencing worry.
- To recognise when and know how to request specialist support for your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**Meeting ID: 360 276 540 160**

**Passcode: 8KwQLQ**