



Parent/ carer workshops

Supporting your child with Fears and Worries

**Garlinge Primary School
In the ICT Suite-KS2 door**

Tuesday 16th January

Tea and coffee served from 9am

Workshop from 9.15– 11.15am

Are your child's fears and worries starting to impact their day to day life? Would you like to learn ways to support your child so they can manage their concerns and enjoy themselves more?

This workshop focusses on understanding what anxiety is, the difficulties you may notice in your child and techniques to help manage this anxiety.

**Any questions, please see Ali Gillatt (FLO)
or Sarah Mansfield SGO)**

We look forward to seeing you there!

