



PARENT/CARER WORKSHOP



Delivered by the Mental Health
Support Team (MHST)

When?

Friday 9th May
2pm - 3pm

Where?

Belmont
Community
Primary School.
For Belmont
parents/carers
only.

A relaxed and informal
information session about
worry and anxiety and how
we can support our children.

What is worry and anxiety?

What keeps the anxiety
going?

What to look out for and how
we can support our children.

If you would like to find out more about the workshop or to ask any questions, either contact the school office to speak to myself or come and find me to have a chat.

If you are interested in attending, please email
Andrea.McCormack@belmont.lincs.sch.uk
to book your place on the workshop.

Thank you.