



# Child Anxiety Workshop

**When: 9am Thursday 5<sup>th</sup> March**  
**Where: Fern Hill Primary School**  
**Who: Everyone is welcome!**

On Thursday the 5<sup>th</sup> of March Anna will be running a parent coffee morning on understanding your child's anxiety. Anna is our trainee Child Wellbeing Practitioner who is based in Fern Hill Primary School every Wednesday. She works with parents to help them learn strategies to help children overcome their worries and behavioural difficulties.

**What is the Child Wellbeing Service?**

**How can I talk to my child about their anxious feelings?**

**Where does anxiety come from?**

**Understanding the anxiety cycle**

**How can I help my child overcome their worries?**

**Coffee and Questions**



South West London and St. George's   
Mental Health NHS Trust

*Please confirm your attendance by emailing [inclusion@fernhill.rbksch.org](mailto:inclusion@fernhill.rbksch.org) or by informing the school office.*