

School Transitions: Managing Anxiety and Worries in Children and Young People

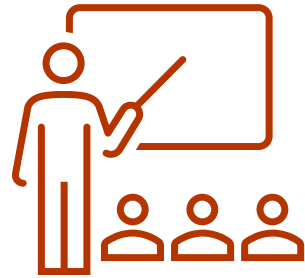


Who is this workshop for?

Parents of a child/young person and/or young people who are struggling with the transition into a new school year or a new school.
Parents and young people can attend.

What will be covered?

- What anxiety looks like
- How to identify and explore worries
- Strategies for managing anxious thoughts
- Strategies for managing physical symptoms related to anxiety
- How to implement a step-by-step plan to manage anxious behaviours
- Practical tips on school transitions
- General emotional wellbeing tips



Dates

All workshops are via MS Teams



Monday 20th September 2021
12.30pm – 2.30pm

<https://www.eventbrite.co.uk/e/school-transitions-managing-anxiety-worries-in-children-young-people-tickets-169450243239>



Wednesday 29th September 2021
10am – 12pm

<https://www.eventbrite.co.uk/e/school-transitions-managing-anxiety-worries-in-children-young-people-tickets-169450556175>