



The NHS Mental Health Support Team invites you to book your place on our: **Understanding Worry Workshop**

This is an hour long online session aimed at parents and carers to introduce the concept of worry and anxiety and some reasons why children may worry. The group will provide strategies for managing children's worries and anxiety.

Upcoming Sessions:

- **Monday 8th July at 10:00 - 11:00**
- **Wednesday 10th July at 16:00 - 17:00**

To request a place, please complete the online form or scan the QR code provided:

<https://forms.office.com/e/bSQQ4X2Xj>



Sign up will close on Wednesday 3rd July