

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Supporting your
child with worries
and anxiety**

**Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)**

Online on Teams

**Monday online
12th October
12:30 - 1.30 pm**

**We are talking
about:**

Signs of anxiety in children.

**Common Worries
for Children.**

Fight Flight Freeze.

**The Cycle of Anxiety and
what keeps the cycle going.**

**Join the meeting
on Teams**

**Meeting ID:
347 393 306 381 368
Passcode:
KX693TD3**

