Education Wellbeing Service Webinar

South West London and St George's Mental Health

Supporting Common Child Anxieties and Worries - Including Around Exams

Education
Wellbeing
Service

For KS2 Parents & Carers

It can be hard sometimes to know how best to support your child's fears and worries. This webinar provides a range of guidance, tips and tools for supporting common childhood fears and worries, including around exams.

This free webinar looks at different ways you can:

- Talk with your child about worries
 - Identify key worries
- Support your child with their anxieties and worries
 - Provides some key resources



DATE / TIME

<u>Tuesday 27th February</u> 7.30-8.30pm <u>Thursday 29th February</u> 12.30-1.30pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

Click here to book

