

City & Hackney MHST

ANXIETY:

A WORKSHOP FOR PARENTS & CARERS

**WANT TO LEARN SOME
SKILLS TO HELP YOUR
CHILD COPE?**

**WANT TO BE MORE
KNOWLEDGEABLE OF
ANXIETY?**

**LOOKING TO REFLECT AND
SHARE EXPERIENCES?**

Friday 23rd June - 9:00-9:45

Meet at reception/front office

To be led by Danila De Morais (Education
Mental Health Practitioner)