



Workshop: Returning back to School

A one off virtual workshop for parents, to support children who have anxieties about returning to primary school in March 2021

This workshop covers the following topics:

Causes and maintaining factors

- What is anxiety
- What keeps anxiety going
- Strategies to support your child with their anxieties around returning to school

Who is this for:

Parents of children who will be returning back to Primary School in March 2021

Location: Virtual Workshop

Dates: Thursday 4th March 2021 3.30pm – 5pm

Thursday 18th March 2021 1.30pm – 3pm

To book your free space on one of the workshops

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|-------------------|-------------------------|----------------------|
| Call us on | South Essex | 0300 247 0013 |
| | Mid Essex | 0300 247 0014 |
| | North East Essex | 0300 247 0015 |
| | West Essex | 0300 247 0012 |

***NB when calling, you will be asked to provide us with your email address in order to receive the link for the virtual workshop.**

Services commissioned by: