



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

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: