

# MENTAL HEALTH SUPPORT TEAMS

## Childhood Anxiety Parent Workshop

Does your child show signs of anxiety? Do you know what anxiety looks like in children and what might cause it?

If you would like to learn more about anxiety and how you can support your child (and enjoy a cuppa and biscuits!), join Katie from the MHST and Lisa Parker from CAMHS at the session below.

Gill Stoll will be attending the workshop and is looking forward to seeing you there! The Mental Health Support Team (MHST) is a team of mental health specialists supporting young people through Cognitive Behaviour Therapy (CBT).



9:00 FRIDAY 27<sup>th</sup> JANUARY at  
WATERLOOVILLE COMMUNITY CENTRE

If you would like to attend, please return the attached slip or email the school office [adminoffice@riverside.hants.sch.uk](mailto:adminoffice@riverside.hants.sch.uk)

Please be aware there are only 20 spaces available. These will be offered on a first come first served basis.



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Please email or complete this reply slip and return to school with your child.

I would like to attend the Childhood Anxiety Parent Workshop at 9:00 on 27<sup>th</sup> January at Waterlooville Community Centre.

Child's name: \_\_\_\_\_

Name of parent or carer wishing to attend: \_\_\_\_\_