



**Tuesday 11th
October 2022**

Anxiety WORKSHOP

09:00 -10.00 AM

Come and Join Mr Shayne Davids (Inclusion Lead) and Dr Ellen Presser (CWiS at Woodberry Down Primary School) for a parent workshop on worries, stress and anxiety. We'll be talking about the following topics:

- *What is anxiety?*
- *How to recognize anxiety in your child at different ages and stages of development.*
- *Strategies you can use to help your child manage feelings of anxiety.*
- *Support that is available via school and City and Hackney CAMHS.*

