

Supporting your child with Anxiety and Worries

Brought to you by the Mindworks School Based Needs Team working with
schools in Surrey Heath



What does the workshop cover?

- What is anxiety
- Recognising the signs and symptoms
- Improve your confidence in talking to your child about anxiety
- Practical strategies you can use to support your child with anxiety and worries
- Time for questions

The workshop will be delivered at
Connaught Junior School on:

 **Tuesday 13th October 2026**
9 -10.30am

We provide a 45 minute
presentation, and then allow time
for group and individual
questions

Feedback from previous webinars:

'Helpful suggestions
on how to turn
negative thoughts
into positive'

'All the
information was
easy to
understand'

'I learned strategies to
help calm the worries and
the wording to use'

