

Understanding and supporting children's emotions - Anxiety



To all parents/carers

As the Parent Support Advisor for The Wavell Cluster of schools, I will be running three evening workshops on Understanding and Support Emotions – Anxiety.

These workshops will look at supporting anxious behaviour and unpicking 'anxiety', offering tips and advice to support the understanding of parent and child anxiety and how parents can support any worries for their children, looking at new strategies to support resilience in children.

The sessions will run in the English Block (C Block) at The Wavell Secondary School Lynchford Road, Farnborough GU14 6BH

The workshops will run from 7.00pm to 9.00pm.

- Tuesday 9th May 2023
- Thursday 11th May 2023
- Monday 15th May 2023

Numbers are limited so please email linda.parry@wavell.hants.sch.uk or text on 07394 563002 as soon as possible.

The workshops are free to parents – I will need the following information:

- Name and age of your child/ren
- School your child/ren attend
- Date of workshop you want to attend
- Numbers of places required
- Names of those wanting to attend

Linda Parry
Parent Support Advisor
The Wavell Cluster

