FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF PRIMARY-AGED CHILDREN

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO REGISTER

bit.ly/3MaR1wJ



Understanding Anxiety and Emotionally Based School Avoidance

9th December 9:30 am

Supporting Your Child with Emotional Regulation

10th November 9:30 am

Helping Your Child with Fears and Worries

15th November 7:00 pm

Striving to provide the best care by the best people

MENTAL HEALTH SUPPORT TEAM ESSEX

NHS North East London NHS Foundation Trust