MENTAL HEALTH SUPPORT TEAM EAST RIDING

NHS Humber Teaching NHS Foundation Trust

Anxiety Workshop for Parent/Carers

An opportunity to learn about anxiety, recognise it in your child(ren) and think about how to support them.

Market Weighton School
20th March 2025
5pm - 7pm



Aims of Workshop:

- To understand what anxiety is and how we might see it in our children and young people.
- To understand the role of the fight flight freeze response.
- To think about how anxiety is maintained.
- Identify strategies to support your young person who experiences anxiety.