

MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers - please join us for a 5 session online workshop where we will teach you **practical strategies to support your child with their anxiety and worries**

Various morning and afternoon sessions available starting week commencing 9 June 2025 , please select when you sign up. Please note you will be signed up to the same day and time for the duration of the workshop.

To book a place please complete the online form **HERE**
<https://forms.office.com/e/0qRnKmCw1i> or scan the QR code



This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall