



Information for
parents and carers



Berkshire Healthcare
NHS Foundation Trust

Anxiety workshop for parents of Secondary Aged Children

With the Mental Health Support Team (MHST)

This parent workshop is designed to help you:

- Understand what anxiety is and how it can show up in young people's thoughts, feelings, bodies, and behaviour
- Learn about the key factors that maintain anxiety
- Explore practical ways parents and carers can provide support
- Understand when and how to seek further support if your Young person is struggling



Microsoft teams

Wednesday the 11th of March 12:00-13:00

Sign up

here: <https://events.teams.microsoft.com/event/38659700-dff2-4fad-aa2a-9cc3d8a3ec67@b5a4676b-e1c4-4c08-80a9-cf34a2d67324>



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