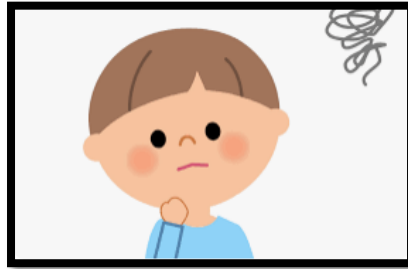




Anxiety



Tuesday 22st march 2023
2pm
Whitstable Junior School Hall

This workshop is available to parent/carers of children in **Year 2** at St Alphege and **Years 3&4** at Whitstable Junior School.

What causes anxiety?
Symptoms of anxiety
Strategies to support ourselves and children

Emma Harrison will be holding a workshop for parents about anxiety.
Emma is the Canterbury and Coastal District specialist teacher for Social Emotional and Mental Health

Please complete the online form to confirm your attendance.

https://forms.office.com/Pages/ResponsePage.aspx?id=_DTVk1kWUkGR5RY4pJnJyDpy9io51M5Mld51u3AkaslURFpKWldDWE0wWU+TRFRIVE9NQU5YQVdVOS4u

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