

# Anxiety Workshop for Parents

**Date:** Friday 6<sup>th</sup> March    **Time:** 2.30pm    **Venue:** Harewood CE Primary School

Do you want to know more about **signs** of anxiety?

Do you have questions about how to best **support** your child when they are anxious or worried?

The MindMate Support Team are delivering a workshop for parents/carers who want to know more about anxiety.

The workshop will cover the **key elements** of anxiety and **why** children experience anxiety. It will also include **practical strategies** that you can use to support your child.

## Who are MindMate Support Team?

The MindMate Support Team offer **emotional wellbeing support** for young people in education settings across Leeds. Our aim is to improve access to support for children and young people, to prevent any emotional wellbeing difficulties becoming harder to manage.

