

# Parent Group

## Understanding and managing your child's fears, worries, and anxiety



### What is it?

The NHS Essex Mental Health Support Team (MHST) will be offering a face-to-face group for parents and carers to help you get a greater understanding of your child's anxiety

### When will it be?

The group will be held face-to-face at Ghyllgrove School and will run for 6 weeks starting at the beginning of June. Each weekly session will be around 1 hour.



### What will we do?

We will focus on:

Learning strategies to help you support your child's thoughts, feelings, and behaviours related to anxiety.

Sharing experiences and receiving support from other parents who are going through similar challenges to you.



Please speak to Mrs White if you are interested in attending the group.

