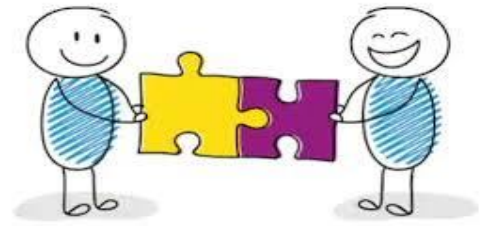


ANXIETY TASTER FOR PARENTS AND CARERS



The Mental Health Support Team (MHST) in Ellesmere Port is now able to deliver an introductory session on childhood anxiety.

We have arranged a **1 hour workshop** for any interested parents to attend. Which will incorporate what is anxiety, how it presents in children and young people and touch upon coping strategies. Following this workshop session, we will be around if you have any individual questions and to talk about the groups that we run.

WORKSHOP SESSION

Date: Tuesday 4th July 2023 @ 9am or 2pm

Host School: The Acorns Primary School

School Adress: Pooltown Rd, Ellesmere Port CH65 7ED

Parents from other local schools are warmly invited to this event hosted by The Acorns Primary School and Nursery. Please come along, we would love to meet you! It is a great chance to learn more about the group & ask any questions you may have.



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