

Being a parent can be challenging especially when our children are struggling with their emotional well-being. We often think we're getting it wrong, feel alone and have no where to turn.



**Join HOPE zoom parent support sessions;
a safe place to find information, chat and
learn from each other through
shared experience.**

Tues 23rd March: 7.00pm or Wed 24th 10.00am

Anxiety and supporting your anxious child

Exploring anxiety, causes and how it presents.

Practical ideas, resources and chat to help you support your child when struggling with anxiety and fear.

You don't need to be on camera or speak, you can use the chat facility or just listen

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

keddieHOPE2021@outlook.com

Or register:

<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>



HOPE
Helping
our PUPILS'
Emotions