

Woodpecker Hall

ACADEMY

Thursday 14th March 2024

Re: Two- part Parent workshops on Child Anxiety and Emotional Regulation

Dear Parents/Carers,

You are invited to attend 2 parent workshop that will explore understanding child anxiety and emotion regulation. They aim to help develop an understanding of the following:

- How anxiety is developed and maintained.
- Build confidence in identifying and managing feelings of anxiety.
- Learn about different types of anxiety that children may experience.
- Learn strategies to support when anxiety shows up.
- What is emotion regulation?
- Understanding strategies to help children and young people manage their emotions.
- Where can we go for help or support?

The workshops will be held at **2pm-3pm** on the following dates:

Thursday 18th April: Child Anxiety
Thursday 25th April: Emotional Regulation

School wellbeing practitioners from My Young Mind Enfield (MYME) will be delivering the two-part workshops at **Woodpecker Hall Academy**.

It would be great to see as many of you as possible. If you would like to sign up to attend, please use the link or QR code below.

<https://forms.office.com/e/LaEYLnVfKk>



If you require any further information about the workshops, please do not hesitate to contact our main office.

Yours sincerely,
Rosanna Ojosipe
SENCO lead and Deputy Headteacher

Kajal Patel
Education Mental Health Practitioner (EMHP)

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