

Come along to our
MYME (My Young Mind
Enfield) Parent Workshop
Supporting your child with
Anxiety

Wednesday 2nd April
2:15-3:15pm



As part of our work with My Young Mind Enfield we would like to offer this workshop for all parents and carers of children at Woodpecker Hall Academy, who would like to learn various tools to support their child. We will be discussing Child anxiety, signs and symptoms we can notice and providing you with strategies and tools to help support your child.

The workshop will be delivered by two Wellbeing Practitioners from MYME at Woodpecker Hall Academy on Wednesday 2nd April – please attend via the Main Office.

Please sign up to attend using the following link or QR code – this information (Data) will be shared with the My Mind Enfield Team-

<https://forms.office.com/e/kfs7KwAS1F>



Please note that if you have any urgent concerns around a child's mental health or wellbeing, you should seek advice from the GP/out of hours GP/ or in an emergency urgent care.