

Anxiety in Children & Young People



NESSIE



Supporting Positive Mental
Health in Schools



PRESENTATION OVERVIEW

Exploring causes of anxiety in young people and an opportunity to discuss effective management.

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience.

DATE & VENUE

Date: Monday 28th September

Time: 1-2.30pm

Online (details of how to join will be sent to those who register, please check your junk mail if you don't receive confirmation within 48hrs)

TO BOOK A PLACE PLEASE EMAIL:

This event is free to attend for parents whose children attend schools within St. Albans, Harpenden & surrounding villages.

**TO BOOK A PLACE PLEASE
CLICK [HERE](#) or visit
nessieined.com/events**