NEL NHS Fo

NHS North East London NHS Foundation Trust

Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Aimed at parents of children in primary school

Supporting Your Child with Worries & Fears

10/03/2026 - 4pm-6pm

***Workshop timings change from term to term**

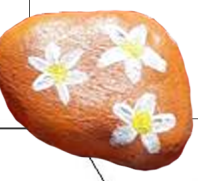
Are your child's worries and fears starting to impact their day to day life? Would you like to come and meet with other parents and carers and learn about ways to support your children so they can manage their concerns and enjoy themselves more?

You are invited to a workshop which focusses on understanding what anxiety is, the symptoms you may notice in your child and some techniques to help manage this anxiety.

If you would like to join, please ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:

Supporting Your Child with Worries & Fears | Meeting-Join | Microsoft Teams

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWTandESTenquiries@nelft.nhs.uk

We look forward to meeting you.