

Parent / Carer Workshop

Supporting your child to
improve their attendance
and manage anxiety

Details:

- **Date:** Tuesday 25th March
- **Time:** 3–3:50pm
- **Location:** Bacon's College
- **Delivered by:** Groundwork's Mental Health Support Team (MHST) – supporting wellbeing for families in Southwark

Content:

- Anxiety
- Talking to teens about their emotions
- Managing school attendance
- Parent self-care



Refreshments will be provided

For more information please contact Izzy:

izzy.garnett@groundwork.org.uk

To sign up for the event, please scan this QR code:

