



## Helping Your Child With Fears and Worries

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Dear Parent/Carer,

You are invited to attend a workshop/coffee afternoon facilitated by the Slough Mental Health Support Team (MHST) on understanding and supporting children with sleep hygiene.

The workshop will cover the following topics:

- Who the Mental Health Support Team is & how we offer support
- Overview of anxiety in childhood & exploring worries in children
- Warning signs to look out for
- A brief introduction to Cognitive Behavioural Therapy (CBT)
- How to support your children
- Other helpful resources and signposting

The workshop will be on **Wednesday 11<sup>th</sup> October 2:00-3:00pm at Priory School**, in the format of a coffee afternoon with a short presentation and a chance to chat informally to the Mental Health Support team afterwards. Parents who attend will also receive a copy of the slides afterwards.

We look forward to seeing you there!

Best wishes,

Mental Health Support Team