

MENTAL HEALTH SUPPORT TEAMS

Childhood Anxiety

Does your child show signs of anxiety? Do you know what anxiety looks like in children and what might cause it?

The Mental Health Support Team (MHST) are a team of mental health specialists supporting young people through Cognitive Behaviour Therapy (CBT).

The MHST would like to invite you to our parent anxiety workshop. If you would like to learn more about anxiety and how you can support your child, join the MHST at the session below:

Thursday 05 February
9.00am - 10.00am

Please fill in the Google form
below to
confirm your attendance
[Google Form](#)

