

NESSie



Supporting Positive Mental
Health in Schools

Recognition, effective management and early intervention

www.nessieined.com

NESSie is pleased to present the following workshop with Becky Wilburn, NESSie Area Co-ordinator

Parent Forum - Anxiety in Early Years

Monday, 30 September 2019

9:30am for 10:00 to 11:30

Voluntary Contribution £8

(please contact R.Lambie@rsat.org.uk if you have difficulties with the contribution)



Anxiety in Early Years

This forum is designed to give parents of young children the opportunity to explore and discuss the issues around anxiety.

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

This session is also suitable for professionals working with young children.

How to Book: Letchworth Centre for Healthy Living 01462 678804

<https://www.letchworthcentre.org/classes/lunchtime-talks-and-workshops/>

Where: Letchworth Centre for Healthy Living, Hitchin Road, Letchworth SG6 3NA

DSPL 1
North Herts; Baldock, Hitchin, Letchworth &
Royston
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