



Information for  
parents and carers



Berkshire Healthcare  
NHS Foundation Trust

# Anxiety Workshop for parents of Secondary Aged Children

With the Mental Health Support Team (MHST)

This parent workshop is designed to help you:

- Understand what anxiety is and how it can show up in your young person's thoughts, feelings, bodies, and behaviour
- Learn about the key factors that maintain anxiety
- Explore practical ways parents and carers can provide support
- Understand when and how to seek further support if your Young person is struggling



Microsoft teams

Tuesday the 28th of April 12:30-13:30

Sign up here: [Anxiety workshop for parents \(of Secondary school aged children\) | Meeting-Join | Microsoft Teams](#)



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