

A workshop for Parents/Carers on
**Understanding Anxiety in your Child
& Ideas about How to Help**
By Primary Mental Health Specialists from CAMHS



4 dates (attend only one workshop):

Thursday 28th March 9.30 -11 Knowle Park Primary, BS4 2XG

Thursday 4th April 9.30 -11 Cheddar Grove Scout Hut, BS13 7DT

Thursday 2nd May 9.30 -11 Hillcrest Primary, BS4 3DE

Tuesday 7th May 9.30 -11 Bridge Farm Primary, BS14 0LL

All welcome!



Please arrange childcare as due to the setting unfortunately we cannot accommodate children

