



## Workshop for Parents/ Carers

Friday 1<sup>st</sup> March 2019

Dear Parent/ Carer,

I am writing to let you know about a valuable opportunity for Parents/ Carers in South Bristol. Primary Mental Health Specialists from CAHMs are offering a free workshop on **Understanding Anxiety in Your Child & Ideas about How to Help**. There are 4 possible dates and parents only need to attend one workshop. Please refer to the flyer for more information. If you have any further questions I will try to help!

Kind regards,

Eleanor Garrett  
School Learning Mentor