

# FREE PARENT WEBINARS

supporting your primary aged child  
with mental health and wellbeing

Provided by your Mental Health Support Team

@set\_camhs\_nhs

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Do you need help supporting  
your child?

We offer a variety of online workshops.

Coming up in January, we have:

✓ Helping Your Child with Fears & Worries  
7<sup>nd</sup> January 10am

✓ Practical Tools to Support Your Childs Sleep  
12<sup>th</sup> January 10am

✓ Understanding Anxiety & Emotional Based  
School Avoidance in Primary School  
20<sup>th</sup> January 6:30pm

