

FREE ONLINE WORKSHOPS THIS SEPTEMBER FOR PARENTS AND CARERS

OF PRIMARY-AGED CHILDREN

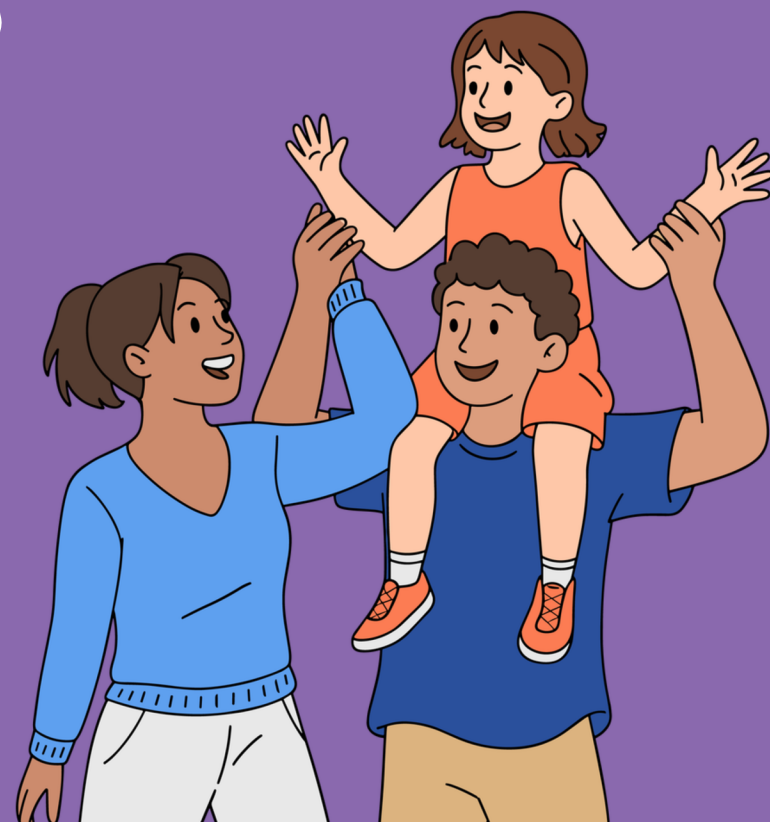
Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO
REGISTER



bit.ly/3MaR1wJ



Helping Your Child with Fears and Worries

8th September 09:30 am

Practical Tools to Help Your Child's Sleep

10th September 7 pm

Understanding Autism

14th September 09:30 am

Understanding Anxiety & Emotionally Based School Avoidance

22nd September 09:30 am