



Online Parent Led Workshop

Anxiety & Worry

Meet the brand-new mental health workforce

Get to know us, who we are, what we do, how we can help

Learn how to support your child with anxiety and worry

Learn simple worry techniques

Q&A and receive free resources

Monday 16th November

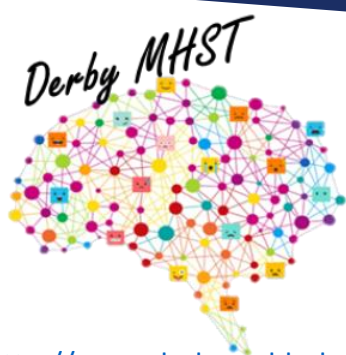
10am-11am

Monday 23rd November

5:30pm-6:30pm



If interested contact the below email to register. Please be aware there will be a limited number of spaces and it will be held via Zoom.



If you would like more information, support, or advice, please get in touch.



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<http://www.derbyandderbyshireemotionalhealthandwellbeing.uk>

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Derby and Derbyshire
Clinical Commissioning Group