RICHMOND AND KINGSTON CHILD WELLBEING SERVICE

South West London and St George's Mental Health NHS Trust

ONLINE PARENT WORKSHOP

MANAGING YOUR CHILD'S WORRIES

• Are you struggling with ways to manage and cope with your child's worries?

• Does your child catastrophise?

• Would you like to learn new strategies and skills to support your child with their anxiety and worries?

Then come along to the parent workshop led by your CWP, Nicola Flaxman on Monday 7th December 2020 at 9.30am via Microsoft Teams

To be sent a link for this workshop, please CLICK HERE

