



YOU'RE INVITED TO OUR INFORMATION
SESSION ON...

NHS
Cambridgeshire
Community Services
NHS Trust

SUPPORTING YOUR CHILD WITH FEARS AND WORRIES

Crosshall
Junior School -
Wednesday 7th
October at
9 am

with..
The
Mental Health
Support Team



FREE

Babies and
pre-school
age children
are
welcome to
join

This session will provide you with **information** to increase your understanding of your anxious child.

We will talk about how to **recognise** when your child may be feeling anxious and **identify** some of the possible reasons they may be feeling this way.

We will then introduce some **strategies** to help your child manage these big feelings!