

St. Wilfrid's Church of England Primary Academy

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Friday 19th January 2024

Re: Workshops to support parent's understanding of anxiety

Dear Parents and Carers,

We have received details of workshops to support parent's understanding of anxiety which may be of interest to some parents. These will be added to our 'Family Support and Links' page on the 'Parent' section of the school website.

Booking is essential and can be made through Eventbrite; details and links are below. School do not have any further information and are unable to book places for parents.

The parent workshop outlines what anxiety is, the symptoms, and how this impacts children and young people. It will provide support strategies to help manage the physical and emotional feelings of anxiety. This workshop is 90 minutes long and will be delivered by the Mental Health Support Team in Schools as part of the Wigan Central Family Hub offer. If your child is struggling with anxiety, this will be a useful, informative workshop for you! We look forward to meeting you.

Session 1

20/02/2024, 10.00am-11.30am

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-1-workshop-for-carersparents-in-wigan-central-tickets-790957032777>

Session 2

20/02/2024, 1.00-2.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-2-workshop-for-carersparents-in-wigan-central-tickets-790956802087>

Session 3

20/02/2024, 3.00-4.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-3-workshop-for-carersparents-in-wigan-central-tickets-790953331707>

Session 4

20/02/2024, 5.00pm-6.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-4-workshop-for-carersparents-in-wigan-central-tickets-785824842257>

Yours sincerely,

Mrs K. Newman
Deputy Headteacher

Mrs J. Saggerson
Pastoral Lead



'I can do all things through Christ who strengthens me.' **Philippians 4:13**