

Managing anxiety after lockdown



NESSie



Supporting Positive Mental
Health in Schools

OVERVIEW

An opportunity for parents/carers to explore anxieties in young people heightened by Covid

This training is designed to give parents/carers insight and the opportunity to discuss strategies which can support their children with anxiety.

The aim of the session is to help develop a better understanding of anxiety associated with the current climate and the ways in which we can support children to manage and develop resilience.

This training will be led by Rachel Lambie (Arts Therapist and Counsellor) & Viv Ofstedahl (Teacher) from NESSie.

DATE & VENUE

Date: Monday 26th October

Time: 10:00-11:30am

Venue: Online [A link will be sent out via email on the morning of the training]

Cost : £25 (per household)

Funding bursaries are available for any parents/carers interested in this training but who may struggle. Please contact Sarah Blackford at Nessie (sblackford@nessieined.com)

To book a place please click [HERE](#)

Or visit: nessieined.com/events