

## Becoming a Worry Ninja Workshop: Starting Secondary School

This is a **1 hour online workshop** designed for parents and their child focusing on the transition to secondary school. We aim to:

- ◆ Develop children and parent's understanding of anxiety
- ◆ Share strategies for managing anxious thoughts and feelings, especially relating to moving to secondary school

The workshop is offered by the SWLSTG Children and Young People's Education Wellbeing Practitioners and will be offered on-line.

### Dates & Times:

- ➔ Wednesday 29<sup>th</sup> July 10-11AM and 5-6PM
- ➔ Thursday 30<sup>th</sup> July 4-5PM
- ➔ Monday 3<sup>rd</sup> August 11AM-12PM & 4-5PM
- ➔ Tuesday 4<sup>th</sup> August 10AM-11AM
- ➔ Monday 17<sup>th</sup> August 10AM-11AM
- ➔ Tuesday 18<sup>th</sup> August 6pm
- ➔ Wednesday 19<sup>th</sup> August 10AM-11AM



If you would like to attend the workshop with your child, please let us know by email and state your preference for date and time and which secondary school your child will be attending.

**Email: [InfoMertonWP@swlstg.nhs.uk](mailto:InfoMertonWP@swlstg.nhs.uk)**

