

ANXIETY



MIDAS, Meadowfield School, Swanstree Avenue, Sittingbourne, ME10 4NL

Date	12 th October 2023
Time	09:45-12:45
Presented By	Jonathan Smeeton

This workshop will consider what anxiety is, how it can manifest and look at strategies and approaches that may support.

This half-day workshop will:

- Deliberate what anxiety is and how it may present
- Support for children who are experiencing Emotionally Based School Avoidance
- An introduction to therapeutic approaches including Emotion Coaching
- An exploration of tools and resources
- An introduction to Cognitive Behavioural Approaches

This half-day workshop is suitable for parents or carers of children and young people who are experiencing anxiety at a level that impacts their day to day activities.

This workshop is £5 per participant
Refreshments are provided

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

