



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

**NHS**  
Cambridgeshire  
Community Services  
NHS Trust

# SUPPORTING YOUR CHILD WITH FEARS AND WORRIES

Wintringham Primary Academy  
Friday 12<sup>th</sup> June  
9am

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!