Mindworks Surrey

NHS
Surrey and Borders Partnership
NHS Foundation Trust

Anxiety Workshop for Parents

This one-hour Workshop is designed to support you as parents, in understanding and supporting your child with their anxiety.

Workshops are run by the Surrey Heath School Based Needs Team



Workshop Aims

19th November 2026
8:30-10:30
At Ravenscote Junior School

- Understanding Anxiety
- The physical symptoms of anxiety
- How the brain and body work
- Helping your child manage their anxiety
- Wellbeing tips

Slides will be available for attending the workshop