

Supporting your Child With Transition

Parents Workshop

- Encouraging independence
 - Adolescent brain development
- Signs and symptoms of worry/overwhelm
- Strategies to manage worry/overwhelm
- Further strategies to support your child's wellbeing
 - Support & Signposting



DATE: 19TH MAY

LOCATION: CHESTERTON
PRIMARY SCHOOL

TIME: 1:30-3PM

HOW TO BOOK: CONTACT THE
SCHOOL OFFICE



Delivered by Cat Hughes
*-Education Mental Health
Practitioner-*