



Dear Families

**The Rise Mental Health Support Team are working within our school this term.**

They will be offering a workshop for adults

**Anxiety and Worry**

**9.15-10am**

**Thursday 16th March**

Workshop content: · What is anxiety? · What causes anxiety to develop and what can keep it going · The cycle of anxiety · What to look out for · How can you help? · Relaxation strategies

**The workshops will be delivered by qualified Education Mental Health Practitioners, you can find more information about our service on our website**

**<https://rise.childrenssociety.org.uk>**

**Families and School Together**