Supporting Your Child's Worries



A Parent/Carer Workshop

Hillside Primary School
Friday 27th March 2026
8:45am – 10am

Session duration: 75 minutes.
Refreshments will be provided.

Join our engaging workshop for parents and caregivers to learn how to support your child manage feelings of worry. In this session, we'll cover:

- What anxiety is and why we experience it
- Recognising the early signs in your child
- How to respond and support your child
- The importance of self-care and managing your own anxiety
- Further resources and Q&A

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