



FREE

Confident Parents - Helping Your Child to Meet Everyday Challenges

TOPIC: Anxiety and Low Mood

This is a 2hr workshop facilitated by MHST/Young Somerset. It is an opportunity to meet other parents and share common concerns. We talk about, the signs and symptoms of everyday challenges such as anxiety and low mood, some do's and don'ts and share hints and tips on how to support your child. Tea, coffee and biscuits provided.

9am to 11am Thursday 20th November 2025

OR

5.30pm to 7.30pm Tuesday 2nd December 2025

To sign up please complete the Google Form [here](#)

Somerset Bridge School
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