



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.

5:15pm to 7:15pm Tuesday 3rd February 2026

To sign up please contact:
office@somersetbridge.school

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