



**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.

**5pm to 7pm Tuesday 9<sup>th</sup> June 2026**

To sign up please contact:  
[Office@somersetbridge.school](mailto:Office@somersetbridge.school) and use the QR code



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