



Managing Stress and Anxiety Within our Children

Date: Thursday 7th February 2019
Venue: Speenhamland School

9:30am – 11.30am



This workshop focuses on understanding anxiety /stress and how it can affect our children with SEND. The workshop is aimed at parents to enable them to share and by the end of the session have some strategies on how to support their children with managing anxiety. Looking at the use of CBT and touching briefly on learning how to teach our children too emotionally self regulate



Presenter:
Melissa Hutchings

Please contact the Speenhamland school office to book a place on:
01635 41077 or

office@speenhamland.newburyacademytrust.org

Contact Details:

Melissa Tel: 01635 503652 or
melissa.hutchings@westberks.gov.uk



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