

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'



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'It Really Does Matter'

9th May 2023

RE: Mental Health Support Team - Managing your child's anxiety workshop

Dear Parents and Carers,

As part of Mental Health Awareness week next week, the MHST have organised a workshop/webinar for primary school parents to attend which will be delivered remotely. There are two time slots, one in the morning and one in the afternoon but the content will be the same.

Here are the zoom links for the parent anxiety workshop on Monday 15th May. There are separate links for the morning workshop at 9.30am and the afternoon one at 4pm.

Monday 15th May 9:30am

<https://spft-nhs-uk.zoom.us/j/97517718911?pwd=Y1hkZENiUzI0S0M4dkE0bE91Z1NMdz09>

Monday 15th May 4pm:

<https://spft-nhs-uk.zoom.us/j/97115366073?pwd=eDYzbkxDV0ZQTFNOR2xSYjJaOTJjUT09>

Yours sincerely,

Fiona Brocklesby and George Adams
Senior Mental Health Leads