

HOPE Virtual Parent Support

Anxiety and school avoidance



Tues 26th Sept 7pm / Thurs 28th Sept 10am

- ⇒ Generalised anxiety, signs and strategies
- ⇒ Understanding emotional based school avoidance
- ⇒ How schools can support and what you can do
- ⇒ Medical Evidence
- ⇒ Managing the return after a break

What a wonderful project, amazing advice, thank you!

These sessions are really useful and very re-assuring

Feel free to listen off camera and mic or use the chat facility to participate

HOPE Parent Support Sessions;

a safe place to find information, chat and learn from each other through shared experience.

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

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<https://us02web.zoom.us/meeting/register/tZwsde6ggT0jG9Z1P-U0lckA4Y7KBzYDihxU>