

FREE PARENT WEBINAR

for supporting your secondary
aged child with anxiety and
emotionally based school
avoidance.

Provided by your Mental Health Support Team

Tuesday 16th
September
10am



Sign-up using
the QR code.

Join our online workshop for secondary school parents, who want to better understand anxiety and Emotionally Based School Avoidance (EBSA). We'll look at why anxiety happens, what keeps EBSA going and the impact of avoidance. Parents will also learn practical tools such as grounding techniques, problem solving, worry time and thought challenging to help support their child's confidence, wellbeing and return to learning.



Understanding Anxiety & Emotionally Based
School Avoidance (EBSA)

Tue, 16 Sept, 10:00 BST + 1 more

Free



MENTAL HEALTH SUPPORT TEAM



North East London
NHS Foundation Trust