St Thomas More Catholic Primary School

Beacon
Behaviour Support for Schools

You are warmly invited to our parent/ carer workshops based on:

'How to support your child through anxiety'

Does your child struggle to handle big emotions like ***anxiety***? Do you sometimes worry about how best to support your child/ren at home (or in school)?

Beacon School Support are running an interactive and informative workshop for parents/ carers on Tuesday 26th November

This session will run from 9am – 10am and is open to all parents/ carers who are interested in supporting their children in a variety of ways, including building confidence, resilience and emotional awareness.

You'll learn new strategies and ideas that you can take away and use at home. There will also be time to speak to the behaviour consultant from **Beacon School Support** afterwards and ask any personal questions.

Refreshments will be available.

We look forward to seeing you.

My child seems to be anxious all the time. What can I do to help?