

Anxiety in Children & Young People



NESSie



Supporting Positive Mental
Health in Schools

PRESENTATION OVERVIEW

Exploring causes of anxiety in young people and an opportunity to discuss effective management.

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience.

This training will be led by Rachel Lambie (Drama Therapist) and Viv Ofstedahl (Teacher) from **NESSie**

Date: Monday 16th November

Time: 10.00–11.30am

Venue: Online [A link will be sent out via email on the morning of the training]

**To book a place please click
[HERE](#)**

Or visit: nessieined.com/events