



Brinsworth Whitehill Primary

Part of Wickersley Partnership Trust
Howlett Drive, Brinsworth, Rotherham, S60 5HT

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Monday 7th October, 2019

Dear Parents / Carers,

As part of mental health awareness week, Educational Mental Health Practitioners are offering parents at Brinsworth Whitehill Primary School an educational workshop around supporting your child with worries and anxiety.

This will include:

- What is anxiety and how does it affect young people?
- What would we expect young people to worry about?
- When does anxiety may become an issue for young people?
- How you can support your child with anxiety and worries

This workshop will take place on Thursday 10th October at 2pm in the Community Room. The meeting will last approximately one hour.

Refreshments will be provided by school.

Please could you confirm your attendance by phoning the school office.

Kind regards,

Lyndsay Leadbetter

MHST Senior Practitioner