

# School Transitions: Managing Anxiety and Worries in Children and Young People

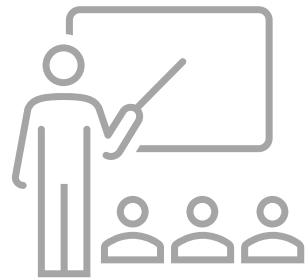


## Who is this workshop for?

Parents of a child/young person and/or young people who are struggling with the transition into a new school year or a new school.  
Parents and young people can attend.

## What will be covered?

- What anxiety looks like
- How to identify and explore worries
- Strategies for managing anxious thoughts
- Strategies for managing physical symptoms related to anxiety
- How to implement a step-by-step plan to manage anxious behaviours
- Practical tips on school transitions
- General emotional wellbeing tips



## Dates

### All workshops are via MS Teams



Thursday 18<sup>th</sup> August 2022

6pm-8pm

[School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 18 Aug 2022 at 18:00 | Eventbrite](#)



Thursday 1<sup>st</sup> September 2022

10am-12pm

[School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 1 Sep 2022 at 10:00 | Eventbrite](#)



Thursday 8<sup>th</sup> September 2022

6pm – 8pm

[School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 8 Sep 2022 at 18:00 | Eventbrite](#)