

Helping your child with their worries

Date

Wednesday 18th March 2026

Time

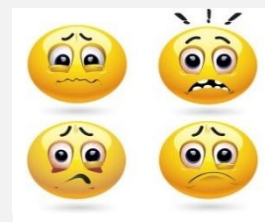
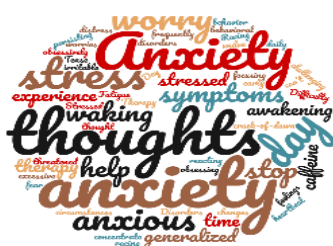
10:00-11:30 am

Session will be held face to face at Hobbs Hill Wood Primary School (HP3 8ER) and online via Teams

Looking for ways to support your child with their worries or anxiety?

A **free** workshop for parents:

- What is anxiety?
- The signs to look out for
- Practical strategies and tips to help your child manage their worries and anxiety



For more details and to book a place, please email:

jnethercoat@hobbshellwood.herts.sch.uk

Please include contact details, name of child's school and whether you would like to attend

online or in person

Tel: 01442 401222 Ext: 5