



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

Helping your Child with Feelings of Anxiety: 4 week course

Does your child struggle with feeling anxious? Do they often need reassurance from you or want to avoid situations they find difficult? If so, come along to our free 4 week course to find out ways you can help your child to feel less anxious and more independent.

Session 1: Monday 26th July

Session 2: Monday 2nd August

Session 3: Monday 9th August

Session 4: Monday 16th August

**All sessions will take place 2.30pm-3.30pm and will be
at:**

**Whessoe Parish Hall, Harrowgate Hill, Darlington,
DL1 3AA**

Places are limited so if you are interested please sign up soon by emailing us on teww.mhstdarlington@nhs.net or calling 07500 799524



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