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5th February 2018

Dear Parents/Carers,

Anxiety Workshop (Wednesday 7th March 2018 – 9.00am – 11.00am)

I am pleased to share with you that we are holding an ‘**Anxiety Workshop for Parents**’ here at Hamworthy Park Junior School on **Wednesday 7th March 2018 from 9.00am until 11.00am**. We are fortunate to have Jenny Cowling, delivering the workshop for us. Jenny has a Psychology background and delivers this workshop at many other local school.

If you or your child suffer from anxiety, then this workshop is definitely for you. The workshop aims to support and offer strategies in how to talk and cope on a daily basis with anxiety, however big or small. If you want to find out more about this workshop beforehand, please speak to Anita or Laurena.

If this is something that you would be interested in attending, then please sign and return the reply slip below, to the school office by Friday 23rd February. Numbers are limited and we will let you know as soon as possible if you have a place. If there is a lot of interest for this, we will run it again; we do not want anyone to miss out.

There will be an opportunity to ask questions or talk more privately to either Jenny, Anita or Laurena at the end of the session. Tea, coffee and biscuits will be provided!

We hope that you will find this workshop really useful.

Yours sincerely

Anita Brown
Pastoral Care Manager

Reply Slip

Anxiety Workshop (Wednesday 7th March 2018 – 9.00am – 11.00am)

Name of child:

Class:

- I would like to attend the Anxiety Workshop on Wednesday 7th March 9.00am – 11.00am.
- I would like to attend the Anxiety Workshop but unfortunately cannot attend this date and would be interested in a future date.

Signed

Please Print Date.....

Every Child, Every Day, Every Possibility

Hamworthy Park Junior School is proud to be part of the Hillary Trust

