

14 December 2023

Dear Parent/Carer

We wanted to reach out to let you know about some events the Mental Health Support Team is putting on for parents.

Webinars include:

- Supporting Your Child With Anxiety And Worry
- Supporting your Child with Exam Stress
- Supporting Your Child With Transitions To Secondary School - Primary School Children

[Click here to see all the upcoming parent & carer support events.](#)

Kind regards
PCS

Supporting Primary School Children with Anxiety and Worry

Small Group Workshops for Parents and Carers with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing?

If you do, these FREE informal workshops at your local Family Hub maybe for you. Maximum of 10 people and there will be tea/coffee available.

Sidley Family Hub

Thursday 1 February 2024,
12:30pm to 2:30pm

Thursday 13 June 2024, 2024,
12:30pm to 2:30pm

Hailsham Family Hub

Tuesday 06 February 2024,
10:00am to 12:00pm

Hastings Town Family Hub

Thursday 22 February 2024,
10:00am to 12:00pm

Devonshire Family Hub

Thursday 07 March 2024,
10:00am to 12:00pm

Uckfield Family Hub

Wednesday 13 March 2024,
12:30pm to 2:30pm

Tuesday 14 May 2024, 12:30pm to
2:30pm

East Hastings Family Hub

Tuesday 26 March 2024, 10:00am
to 12:00pm

Archery Youth Hub

Tuesday 16 April 2024, 10:00am
to 12:00pm

St Leonards Family Hub

Wednesday 24 April 2024,
10:00am to 12:00pm

Robsack Family Hub

Wednesday 08 May 2024, 10:00am
to 12:00pm

Shinewater Family Hub

Tuesday 04 July 2024, 10:00am
to 12:00pm

Hollington Youth Hub

SECONDARY SCHOOL AGE

Wednesday 05 June 2024,
10:00am to 12:00pm

Webinars

**Supporting your child with anxiety
and worry - Primary School**

Thursday 08 February 2024, 6:00pm -
7:30pm

**Supporting your child with anxiety
and worry - Secondary School**

Thursday 29 February 2024, 12:00pm
to 1:30pm



For more info and to book a space scan the QR code or visit:

www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email:

mhst.parentteam@eastsussex.gov.uk