NHS
South West London and
St George's Mental Health
NHS Trust

Education
Wellbeing
Service

Education Wellbeing Service Webinar

Through The School Gates:
Overcoming daily challenges getting into school

There can be many challenges with supporting your child to get into school well and in as relaxed a way as possible.

This webinar aims to:
Think about some of the different challenges that can be faced in the morning getting ready for school.
Understand child anxieties using cognitive-behavioural approach
Discuss ways to talk about worries
Provide a step-by-step approach to building confidence with attending school should there be early school avoidance to prevent it becoming problematic.

DATE / TIME

Monday 5th October
7.30-8.30pm

Scan the QR code or click here

LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by clicking here

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Friday 9th October
1.00-2.00pm

Scan the QR code or click here