

# **Sutton Children's Wellbeing Service AND Sutton Uplift presents: Parental anxiety and its impact on your child/ children**

Do you ever feel anxious?  
Does your anxiety or worries get the better of you?  
Does your child pick up on your anxiety?  
Then this workshop could be useful for you!

When:

Wednesday 3 March 2021 at 6pm  
Thursday 4 March 2021 at 12.30pm  
Where: Virtually (Microsoft Teams)

If you would like to join us for this workshop, please  
Email: [suttoncwp@swlstg.nhs.uk](mailto:suttoncwp@swlstg.nhs.uk)  
or [suttonwellbeing@swlstg.nhs.uk](mailto:suttonwellbeing@swlstg.nhs.uk) for the link.

