

# Parent & Carer Workshop: Supporting Young People with School Anxiety



GREENSHAW  
HIGH SCHOOL



Education  
Wellbeing  
Service

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

## A chance to connect, share, and reflect together

Join us for an informal workshop and cup of tea/coffee to explore how we can support children and young people who find school attendance or engagement difficult due to fears, worries and anxiety.

There often isn't a 'magic' fix but together we hope to build understanding, share what helps (and what doesn't), and strengthen your connection with school by offering you as parents/carers the opportunity to come in person, meet staff, and talk with supportive professionals.

In this session, we hope to:

- Create a supportive space for parents and carers to share experiences
- Explore practical ways to respond to school-related anxiety
- Hear from staff about how school can help
- Strengthen connections between home and school

*If you have any questions about this event, please speak to Ann Kirby (Mental Health Lead at Greenshaw).*

*Please note: This is an optional, targeted support event. Families will be invited to attend if we've identified that their child may be finding school attendance or engagement particularly challenging at the moment.*



SCAN ME

Wednesday 10<sup>th</sup> December. 2025 6:00 - 7:00pm

At Greenshaw High School, please come to Reception