## THROUGH THE SCHOOL GATES, OVERCOMING DAILY CHALLENGES GETTING INTO SCHOOL

South West London and St George's Mental Health

Education Wellbeing Service

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 during mornings
- Think about child anxieties using a cognitive-behavioural therapy
- Discuss ways to talk about worries
- Overview a step-by-step approach to building confidence with attending school should there be early school avoidance that is becoming problematic.



## DATE / TIME

Monday 23th September 13.00-2.00 pm Monday 23th September 19.00-8.00 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

Click here to book

