

# NESSie Parent Support Group

## Anxiety in Children 6 week programme



**NESSie**



Supporting Positive Mental  
Health in Schools  
[nessieined.com](http://nessieined.com)



### OVERVIEW

This remote group is to support parents who have children who can struggle with anxiety. It will take place weekly for 6 weeks.

We will focus on separation anxiety and strategies to help with transitioning back to school after Covid19.

### DATES

Thursday 2<sup>nd</sup> July 2020 2.30-3.30pm

Thursday 9<sup>th</sup> July 2020 2.00-3.00pm

Thursday 16<sup>th</sup> July 2020: 2.30-3.30pm

Thursday August 27<sup>th</sup> 2020 2.30-3.30pm

Thursday September 3<sup>rd</sup> 2020 2.30-3.30pm

Thursday September 10<sup>th</sup> 2020 2.30-3.30pm

This support group is funded by DSPL7 therefore is free to attend for parents whose children attend schools within St. Albans and Harpenden.

The sessions will take place online (details will be sent to those who register)

**Places are limited. When participants sign up you will be registering for the 6 week block.**

**To book your space please go to:** <https://nessieined.com/parents/>

Any queries please email [ncrook.nessie@kjar.org.uk](mailto:ncrook.nessie@kjar.org.uk)