

Information Evening

A stylized illustration of a person's head and shoulders. The person has long, dark brown hair and is wearing a white garment. Their hands are raised to their face, with fingers spread, covering their eyes and nose. The background is a solid teal color. The word 'Anxiety' is written in a blue, outlined font across the person's face.

Anxiety

Anxiety can take many forms:

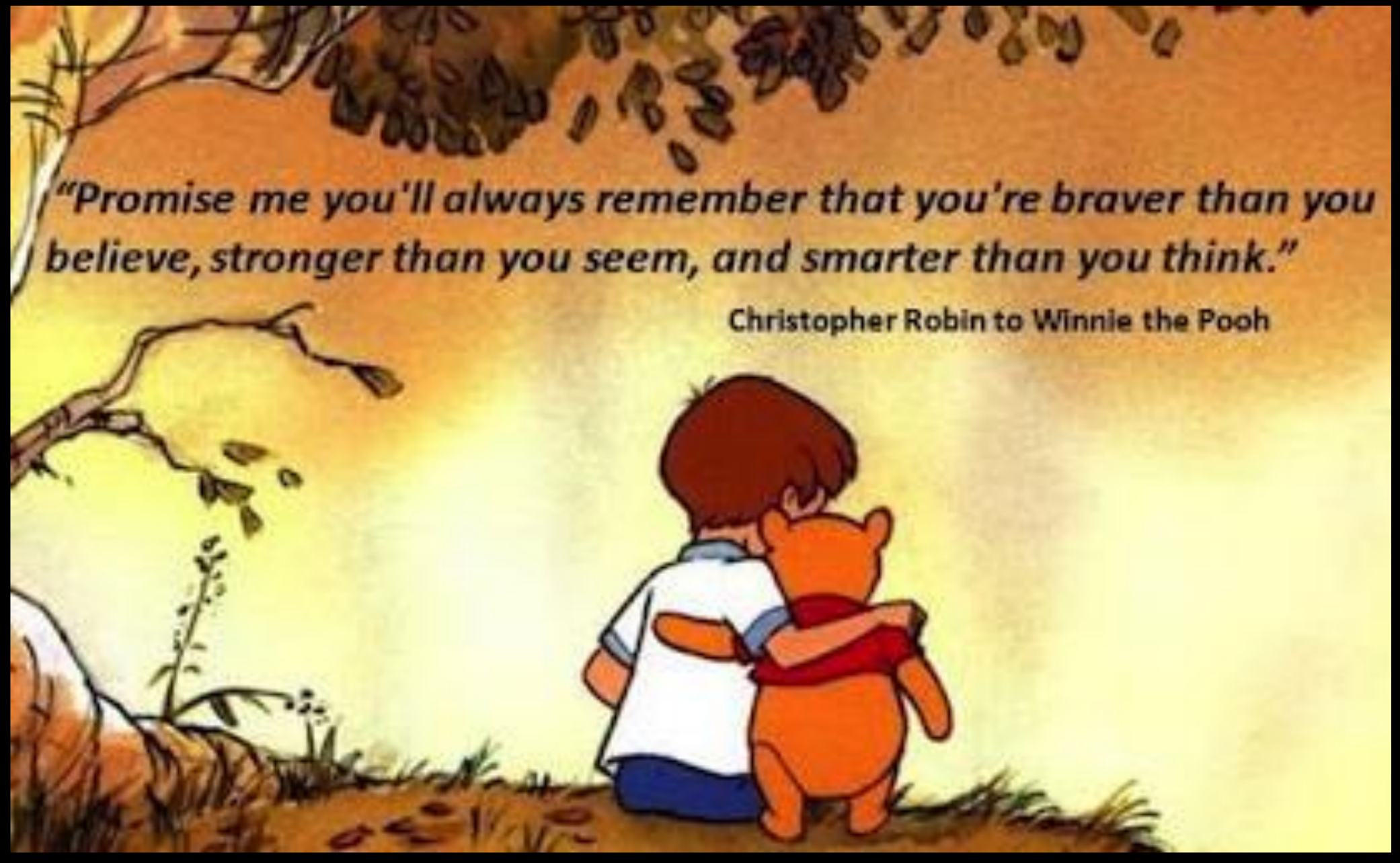
- Separation anxiety
- Social phobia
- Generalised anxiety
- Selective mutism
- Obsessive Compulsive Disorder
- Panic
- Phobias
- Post Traumatic Stress Disorder

And each one is worrying for you as parents and carers.



"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."

Christopher Robin to Winnie the Pooh

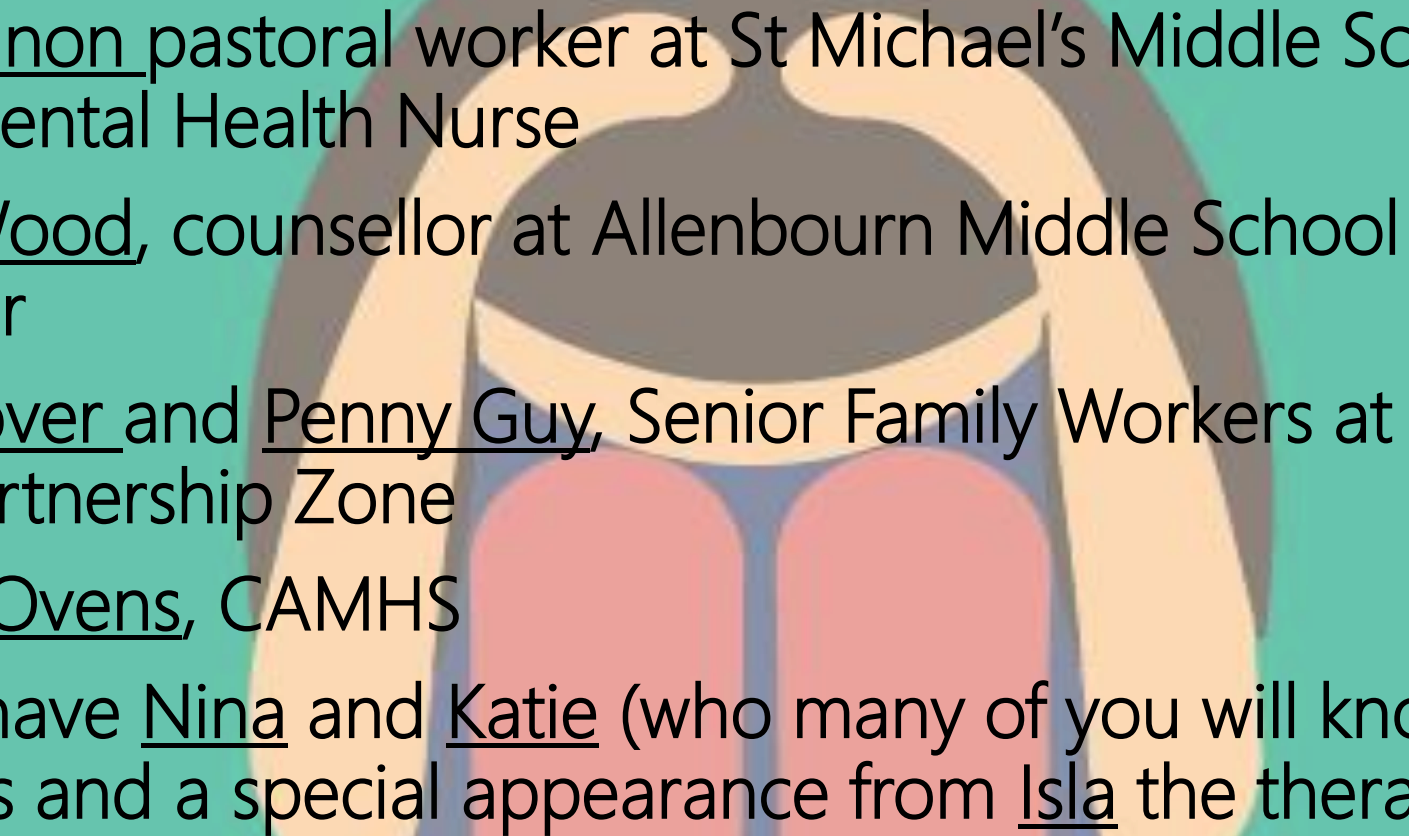


People with no experience of anxiety can say things like...



But finding the courage isn't that easy to do.



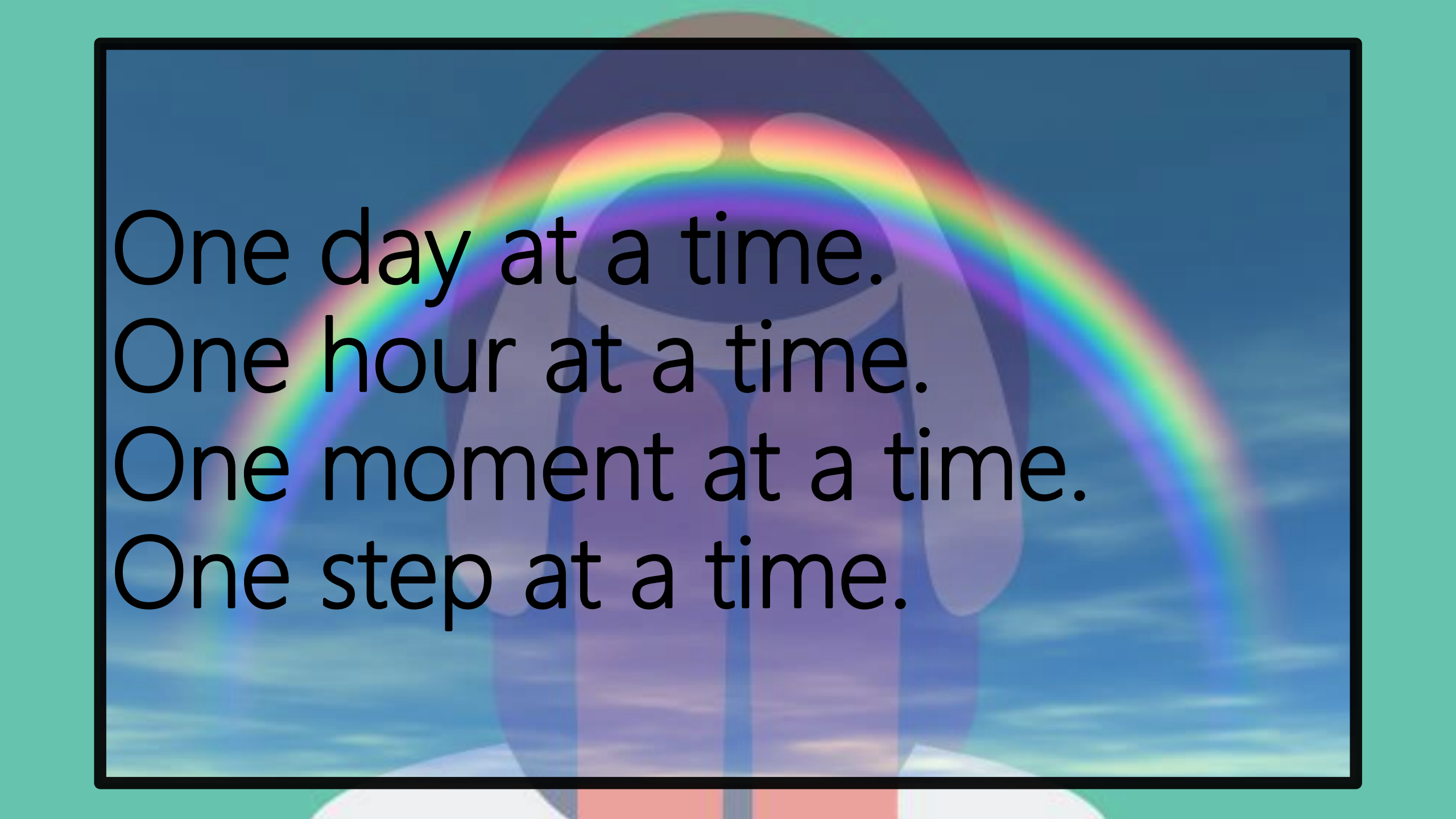
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- A stylized illustration of a person's head and shoulders, rendered in a flat, graphic style. The person has long, dark brown hair and is wearing a white top. Their hands are raised in a gesture of prayer or support, with fingers pointing upwards. The background is a solid teal color. The illustration is centered behind the text.
- Anne Lennon pastoral worker at St Michael's Middle School and former Mental Health Nurse
 - Natalie Wood, counsellor at Allenbourn Middle School and CBT practitioner
 - Debbi Dover and Penny Guy, Senior Family Workers at East Dorset Family Partnership Zone
 - Caroline Ovens, CAMHS
 - We also have Nina and Katie (who many of you will know) from Relax Kids and a special appearance from Isla the therapy dog.



The aim of this evening is not to tell you how to 'fix' your child.

It is to give you some strategies that may work at home and to show you that you are *not alone*.

Afterwards, please do have a look at the resources that the schools have brought and have a chat with any member of staff or those who have presented.



One day at a time.
One hour at a time.
One moment at a time.
One step at a time.