

Information Evening

Anxiety

A stylized illustration of a person with long brown hair, wearing a blue top and red pants. Their hands are covering their face, suggesting a state of distress or anxiety. The background is a solid teal color.

Anxiety can take many forms:

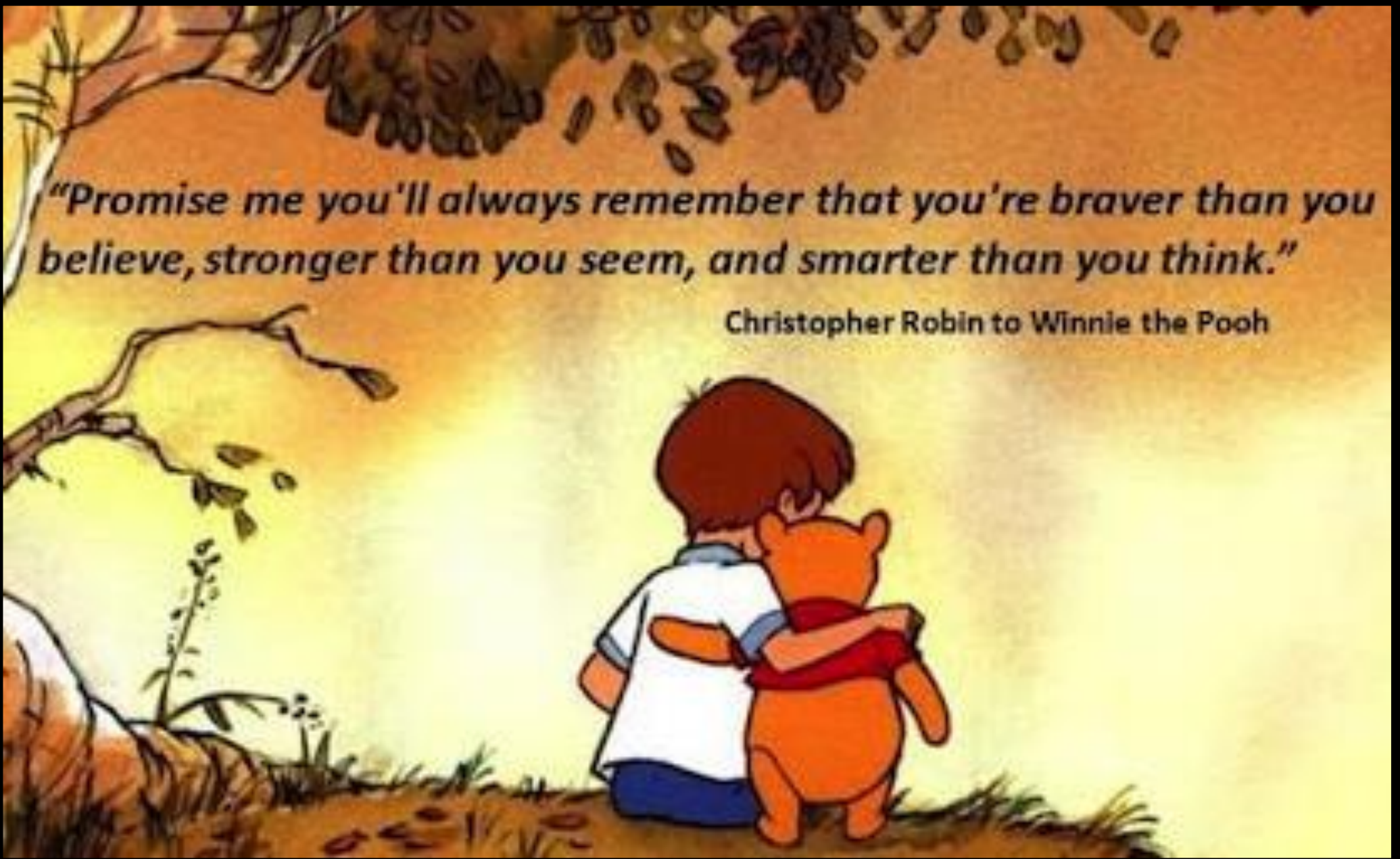
- Separation anxiety
- Social phobia
- Generalised anxiety
- Selective mutism
- Obsessive Compulsive Disorder
- Panic
- Phobias
- Post Traumatic Stress Disorder

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

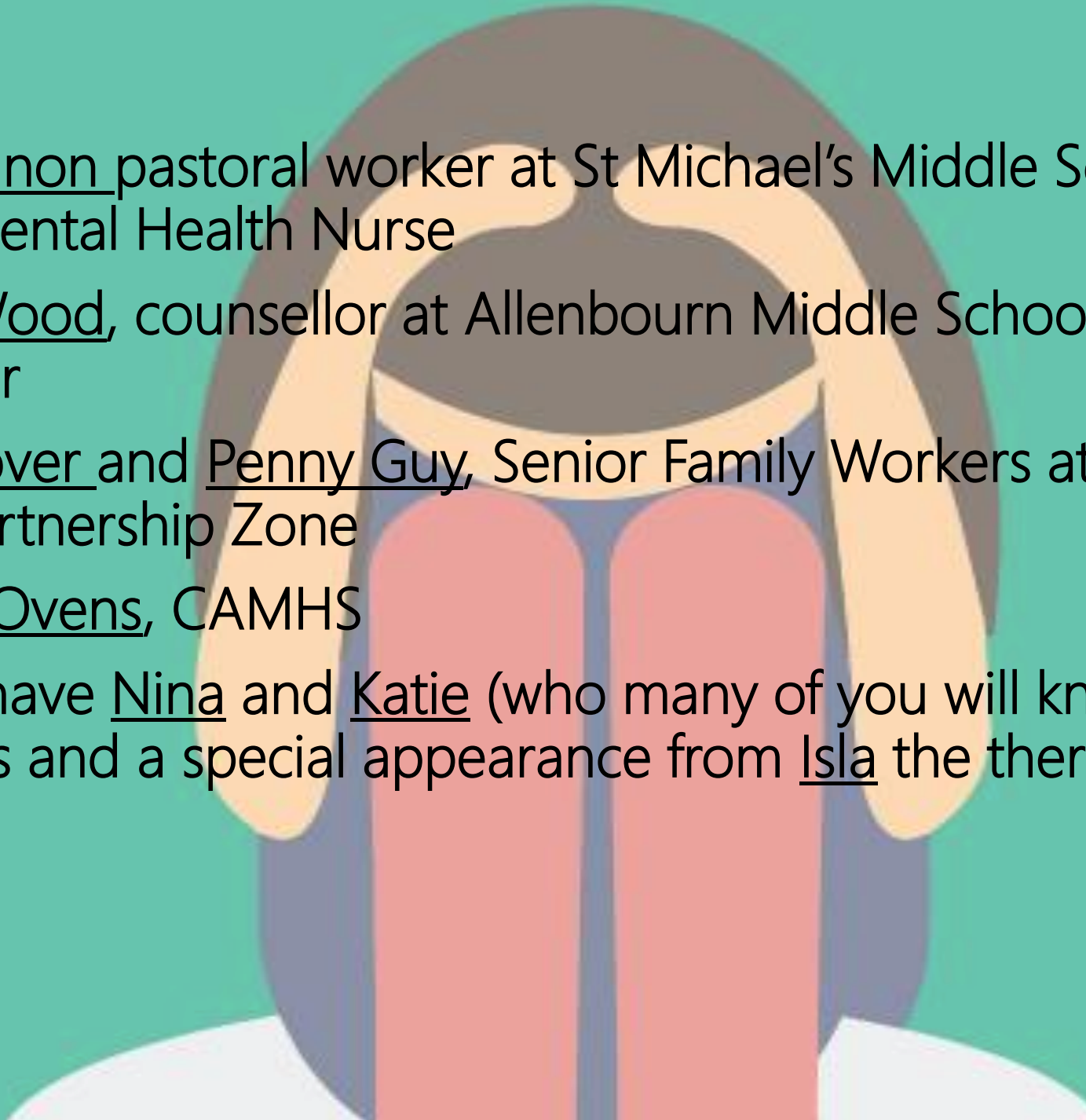


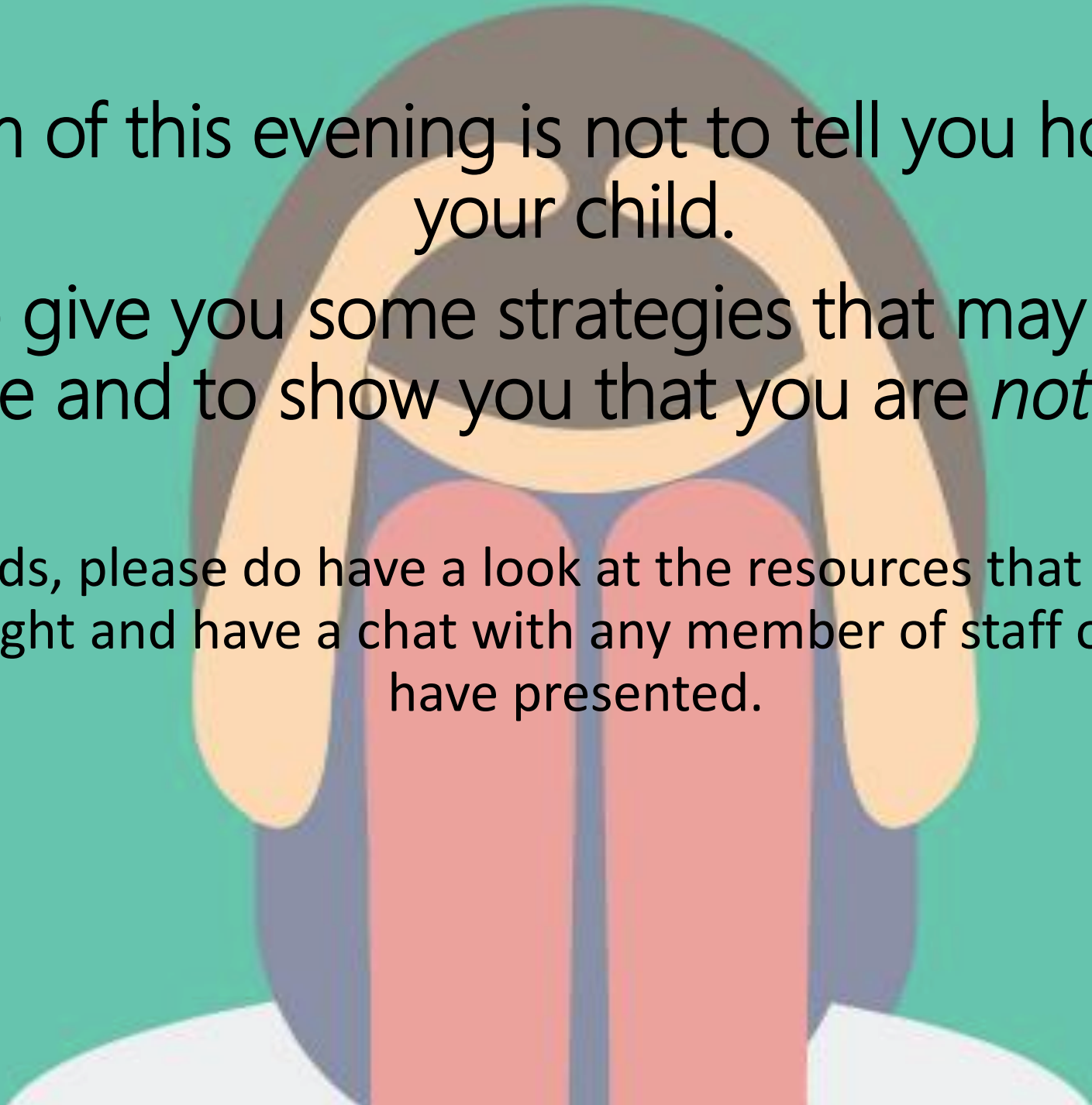
People with no experience of anxiety can say things like...



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



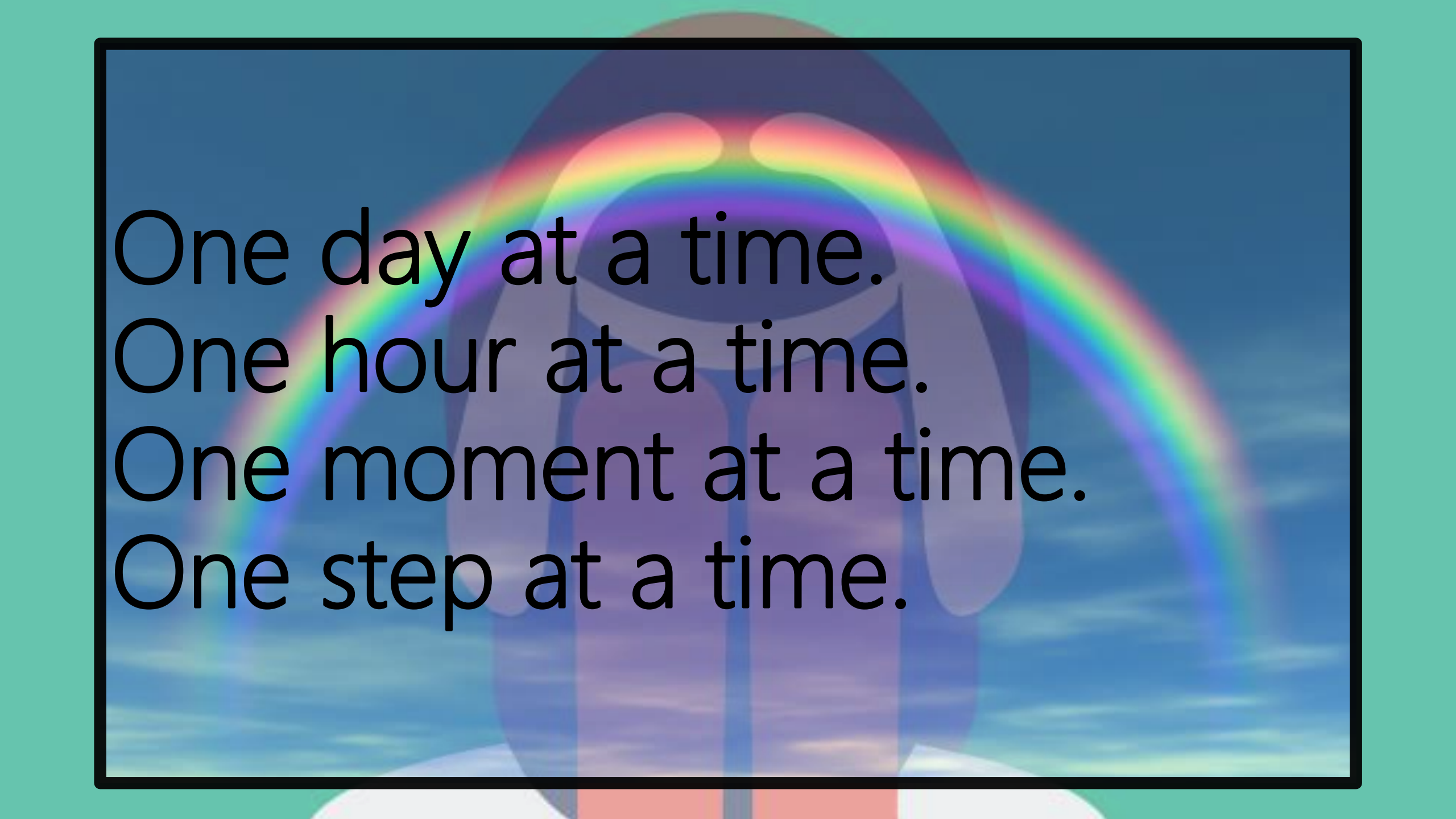
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- Anne Lennon pastoral worker at St Michael's Middle School and former Mental Health Nurse
 - Natalie Wood, counsellor at Allenbourn Middle School and CBT practitioner
 - Debbi Dover and Penny Guy, Senior Family Workers at East Dorset Family Partnership 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.

A cartoon penguin is shown from the back, standing on a white surface. Its back is covered in a large, vibrant rainbow. The penguin is set against a bright blue sky with soft, white clouds. The entire scene is framed by a thick black border.

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