Child and Family Mental Health Service (CAMHS) and Psychological Services will be delivering two virtual training sessions for parents. The sessions will focus on managing anxiety. The training will take place using Microsoft TEAMS.

Session One: Understanding Anxiety

Date**: Tuesday 25th May**

Time: **10am till 11.30**

The first session focuses on:

- Understanding anxiety
- The cognitive behavioural model of anxiety
- Factors that contribute to maintaining anxiety
- Strategies and techniques to manage anxiety.

Session Two: Supporting your Children with Anxiety

Date: **Tuesday 22nd June**

Time: **10am till 11.30**

The second session focuses on

- Parents role in supporting their children
- Understanding emotions
- Use of setting SMART target, graded exposure and facing your fears
- Importance of good routines, sleep and exercise.

If you are interested in attending, please email admin@tynecastle.edin.sch.uk