

Schools Mental Health Service



Groups and Courses for Parents and Carers

Monthly support group for parents of children having difficulties accessing school

Our family support workers run a monthly drop in group for parents/carers of children struggling to attend schools. It's a place to get support and meet others in the same situation. The next meet up will be on Thursday 17th October 11-12.30pm at the Al Campo Lounge, London Road

For more information or further dates please email Sharyn.Brazier@brighton-hove.gov.uk

"I found it hugely helpful - thank you!!! I've been in this situation for so long now with my little boy, and now my little girl is struggling with school"

Helping Children/Young People Cope With Anxiety and Build Resilience

This is a 90 minute session to support parents/carers and provide strategies and techniques to help manage anxiety. There will also be opportunities to ask questions and meet other parents.

Areas covered include:

What is anxiety and where does it come from?
How does anxiety impact on our children?

Tue, 26 Nov 2024 11:45 - 13:30

At Moulsecoomb Family Hub Centre, Hodshrove Ln, Brighton and Hove, Brighton BN2 4SE

Book your place at <https://www.eventbrite.com/e/907695911907?aff=oddtcreator>