

# STARTING SECONDARY SCHOOL: BECOMING A WORRY NINJA

**NHS**  
South West London and  
St George's Mental Health  
NHS Trust



This is a 1 hour online workshop designed for Parents and their child focusing on the Transition to Secondary School. We aim to:

- ◆ Develop children and parent's understanding of anxiety
- ◆ Share strategies for managing anxious thoughts and feelings, especially relating to moving to secondary school

The workshop is offered by the SWLSTG Children and Young People's Education Wellbeing Practitioners (EWP's) and will be offered on-line.

## **DATES AND TIMES**

- THURSDAY 6TH AUGUST 10AM
- TUESDAY 11TH AUGUST 12.30PM
- THURSDAY 20TH AUGUST 3PM
- TUESDAY 25TH AUGUST 12PM

If you would like to attend the workshop with your child, please let us know by email and state your preference for date and time and which secondary school they will be attending.

**SUTTONCWP@SWLSTG.NHS.UK**

