

## **Parent/carer workshops: separation anxiety**

Does your child or young person really struggle to separate from you when they go to school? Following lockdown, a lot of children and young people are finding it hard to separate from parents and caregivers. The MHST will be running a free, live 90-minute workshop on separation anxiety for parents/carers. The aim of this workshop is to help you identify anxious behaviours, think about what maintains these and provide you with some ideas on what you can do to help your child or young person overcome these challenges.

The MHST will be running one workshop over 6 dates (please note, it will be the same workshop offered on each date). Please book your tickets for one workshop using the Eventbrite link below.

Tuesday 21st September 2021 (9.30am - 11am):

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-21092021-tickets-170309832293>

Wednesday 22nd September 2021 (5.30pm - 7pm):

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-22092021-tickets-170311003797>

Friday 24th September 2021 (12pm - 1.30pm):

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-24092021-tickets-170312105091>

Monday 27th September 2021 (12pm - 1.30pm):

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-27092021-tickets-17031155447>

Tuesday 28th September 2021 (5.30pm - 7pm)

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-28092021-tickets-170312652729>

Thursday 30th September 2021 (9.30am - 11am):

<https://www.eventbrite.co.uk/e/mhst-workshop-separation-anxiety-30092021-tickets-170313952617>

For further information, please read this [leaflet](#).