



## Sutton Children's Wellbeing Service AND Sutton Uplift presents:

Parental anxiety and its impact on your child/ children

Do you ever feel anxious?

Does your anxiety or worries get the better of you?

Does your child pick up on your anxiety?

Then this workshop could be useful for you!

## When:

Wednesday 3 March 2021 at 6pm Thursday 4 March 2021 at 12.30pm Where: Virtually (Microsoft Teams)

If you would like to join us for this workshop, please Email: suttoncwp@swlstg.nhs.uk or suttonwellbeing@swlstg.nhs.uk for the link.





