

**Education
Wellbeing
Service**



Education Wellbeing Service Webinar

Through The School Gates: Overcoming daily challenges getting into school

There can be many challenges with supporting your child to get into school well and in as relaxed a way as possible.

This webinar aims to:

Think about some of the different challenges that can be faced in the morning getting ready for school.

Understand child anxieties using cognitive-behavioural approach

Discuss ways to talk about worries

Provide a step-by-step approach to building confidence with attending school should there be early school avoidance to prevent it becoming problematic.

DATE / TIME

Monday 5th October
7.30-8.30pm



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QR code
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LOCATION

Online - Hosted on Teams

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wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Friday 9th October
1.00-2.00pm



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