

# Anxiety, Panic & School Pressure

## Monday 14th October 2019

We are pleased to announce the first session as part of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS

- When:** Monday 14th October 2019
- Time:** 6 - 8.30pm (arrival from 5.45pm)
- Where:** King's House, 245 Amphill Rd, Bedford MK42 9AZ

### Who can attend?

- ⇒ Any parent or carer who has a child registered at a Bedfordshire GP
  - ⇒ You do NOT need to be accessing CAMHS
  - ⇒ Siblings & family members over the age of 18

In this session we will focus on anxiety, panic and school pressure to enable you to find ways to support the children and young people in your life We will cover both signs, & symptoms as well as strategies to help manage these difficulties



### How can I book tickets?

Tickets are free and are available online from [Eventbrite](#) You can also scan the QR code on your smartphone for access to the website

### Where can I find more information?



@EastLondonNHSFoundationTrust



@camhs wellbeing1

www.

[www.camhs.elft.nhs.uk](http://www.camhs.elft.nhs.uk)



[www.eventbrite.co.uk](http://www.eventbrite.co.uk)