

# Supporting children to go back to school

(Anxiety support and building resilience)



## PRESENTATION OVERVIEW

**Exploring causes of anxiety in young people and offering an opportunity to discuss effective management.**

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people and help manage the impact of change.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience. It will include a brief overview of children with neurodiversity.

*This training will be led by Rachel Lambie (Dramatherapist and CEO) and Viv Ofstedahl (Training Lead, and experienced School Mental Health and Wellbeing Lead) from NESSie.*

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**Date: Tuesday 31st August**

**Time: 7-8.30pm**

**Venue: Online** [A link will be sent out via email on the morning of the training]

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**To book a place please click [HERE:](#)**

Or visit: [nessieined.com/events](https://nessieined.com/events)

*Helping children and young people thrive*

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