

Supporting Young People with Anxiety

What we will cover:

- Understanding the common anxieties which children and young people can struggle with
- How we can support our children with anxiety
- How to refer to the Mental Health Support Team



**For parents living
in Windsor &
Maidenhead**

We will have staff who can
speak Urdu, Punjabi and
Potwari

WEDNESDAY 2ND JULY 2025

10 – 12PM

**Riverside Family Hub, West Dean,
Off Ray Mill Road West**

Contact: Arifa Naeem

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