

# IS YOUR CHILD EXPERIENCING ANXIETY? COME ALONG TO OUR DROP IN

## SESSION...

The Mental Health Support Team (MHST) in Ellesmere Port offers support to parents of primary age children who are experiencing anxiety. This would be in the form of a small group for parents.



Small changes,  
big differences.

*We are hosting 30 minute drop in sessions for interested parents to explain more about the group. Please come along, we would love to meet you!*

The same information will be given at each drop in session- so please attend whichever suits you best.

### DROP IN DATE & TIME

### LOCATION

Friday 19<sup>th</sup> April  
9:30am

Kingsley Resource Centre  
(Coronation Road, Ellesmere Port, CH65 9AA  
– by Fire Station / Cherry Bank NHS building)

Wednesday 24<sup>th</sup> April  
9:15am

Woodlands Primary School  
(Eddisbury Road, Whitby, CH66 2JT)



The next parent anxiety group will run on a Friday morning for 6 weeks  
– Starting Friday 10<sup>th</sup> May 2024

