

Want to better **support** your child with anxiety?



Attend **MMST parent workshop**, which will cover:

- **What anxiety is and how it affects young people**
- **How anxiety can appear in everyday behaviour**
- **Common triggers and their impact**
- **Practical evidence-based strategies to manage anxiety.**
- **Building confidence in supporting your child**

When: Wednesday 19th November
2025, 5:00pm - 6:00pm

Where: St. Joseph's Catholic Primary
School, Barleyfields Road
Wetherby, LS22 6PR

Want to **support** your child's mental wellbeing?



Attend MMST parent workshop, which will cover:

- **Understand common emotional challenges like worry, low mood and emotional regulation**
- **Recognise how these show in everyday life**
- **Explore how difficulties impact young people**
- **Learn practical, evidence-based ways to support your child at home**

When: Wednesday 11th February 2026,
5:00pm - 6:00pm

Where: Deighton Gates Primary School,
Deighton Rd,
Wetherby, LS22 7XL

Questions about how to **support** your child's emotions?



Attend **MMST parent workshop**, which will cover:

- **How young people experience and express emotions**
- **Challenges in managing their emotions**
- **Signs of emotional dysregulation**
- **Impact on behaviour and learning**
- **Practical, evidence-based strategies to support healthy emotional expression**

When: Wednesday 11th March 2026,
5:00pm - 6:00pm

Where: Bramham Primary School
Clifford Road, Bramham,
LS23 6JQ

Want to **support** your child with transition?



Attend **MMST parent workshop**, which will cover:

- **The emotional impact of transitions on young people**
- **Common challenges during times of change**
- **Signs of stress and anxiety**
- **Impact on behaviour and learning**
- **Evidence-based strategies to support your child**
- **Top tips for smooth transitions**

When: Wednesday 24th June 2026, 5:00pm
- 6:00pm

Where: St James' CE Primary School
Hallfield Lane
Wetherby, LS22 6JS