

SEND MENTAL HEALTH FOCUS DAY

'Understanding & managing your child or young person's anxiety'

Tuesday 7th November 2023
The Danson Youth Centre
Brampton Road, Bexleyheath, DA7 4EZ

Free
Event

9:30am-10am Registration, Market Place & Refreshments

12noon-12:30pm Refreshments & Market Place

Session 1
10am-12noon →

'Managing Anxiety and Behaviour that Challenges in Young People with Additional Needs" (8-19 Years)
Emma Lillis, SEND Specialist Teacher & Advisor

Session 2
12:30-1:15pm →

'Introduction to Emotionally Based School Avoidance Guidance for Schools'
Hollie Danby, Bexley Educational Psychologist

Session 3
1:30pm-2:30pm →

'How to Appear Calm When You Don't Feel It!'
(When supporting an anxious or angry child/young person)
Jenny Eldred, Team Manager, Bexley CAMHS

A Market Place with information on mental health support will be available 9:30-2pm.
You **MUST** book sessions for presentations in advance or you can just pop in to the Market Place on the day.

For more information and to request your place, please complete the online booking form at:

<https://bit.ly/SHFDMH23>

