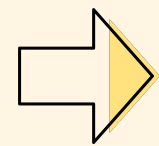
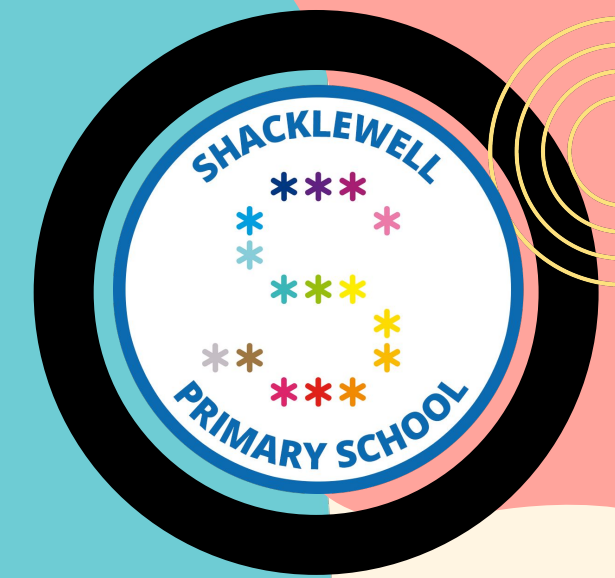


WAMHS Coffee Morning: Managing Anxiety

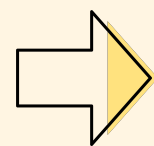
Monday 26th January 2026

9:00am - 9:45am



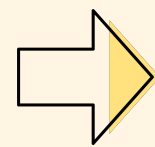
Who:

Vana Lamprogianni is part of the Wellbeing and Mental Health in Schools (WAMHS) project, and she is working closely with Shacklewell to better support our young people and their emotional wellbeing.



Why

Children are not always able to develop the ability to regulate their own emotions without support and guidance from adults, much like learning to read. When children struggle with their emotional world, this can impact their behaviour at school and home. Improved emotional wellbeing is associated with better academic performance and educational progress in school children of all ages, including better performance at SATs. It can be difficult to cope when children have big emotional outbursts or behaviour which feels challenging to manage.



How

We will be running a coffee morning to think with parents about children's wellbeing and how we can better support our children to develop emotional resilience and strength. It will be an opportunity to learn about factors which can lead to children feeling anxious and needing support, including: body image, peer relationships, social media and transitions. It will also be an opportunity to have an informal chat about further support should you feel this would help your child.

firstSTEPS

City & Hackney
CAMHS
Alliance