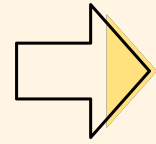
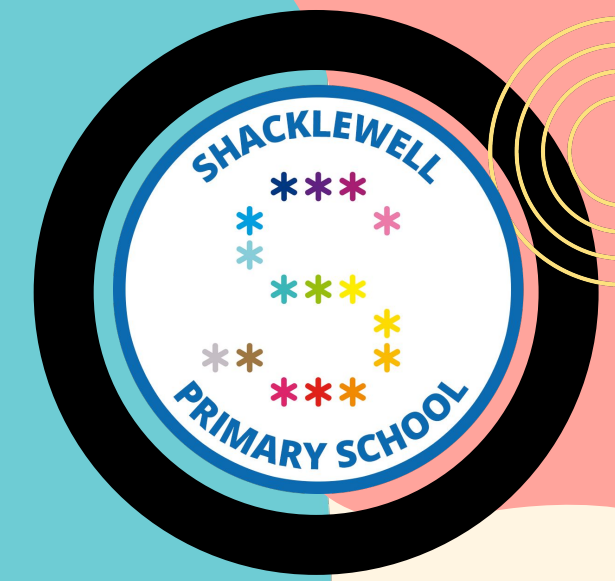


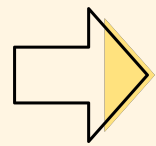
WAMHS Coffee Morning: Supporting Children with Worry and Anxiety

Monday 27th April 2026
9:00am - 9:45am - Top Hall



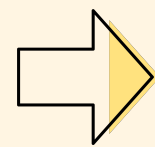
Who:

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

We know that lots of children experience worries at different times, and as parents and carers it can sometimes be hard to know how best to help. We're inviting you to a relaxed and supportive workshop where we'll explore how anxiety can show up in primary-aged children, and share some simple, practical ideas you can try at home. This session is open to all parents and carers - whether your child has ongoing worries or just needs a little extra support from time to time.



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. In this session, we'll look at:

- How anxiety and worry can show up in different ways
- Why children might feel anxious (including school, friendships, and changes)
- Helpful ways to respond to your child's worries
- Simple strategies to build confidence and emotional resilience

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