



A helping hand with your mental health  
**me & my mind**  
East Sussex Mental Health Support Team



## FREE SUPPORTING YOUR CHILD WITH WORRY WORKSHOP FOR PARENTS AND CARERS.

- Understanding what anxiety and worry is.
- Make some practical things you and your child can do at home to help.
- Time to chat to other parents and carers if you want to, you don't have to!



Lewes Family Hub



12:30pm to 2:30pm



Monday 10th March 2025

Book now using the QR code or visiting:  
[www.buytickets.at/mentalhealthandwellbeingineducation](http://www.buytickets.at/mentalhealthandwellbeingineducation)



**EDUCATION**  
**EAST SUSSEX**  
TOGETHER FOR EXCELLENCE  
AND INCLUSION

