Information for parents and carers

NHS
Berkshire Healthcare
NHS Foundation Trust

Separation Anxiety Parent Workshop

Wednesday 11th March, 09:00 @ The Pines

with CAMHS Mental Health Support Team

Does your child experience…

- Difficulty parting with you/another caregiver?
    - This impacts attending clubs, going to friends' or relatives' houses, school?
- Frequent worries about something bad happening to you/another caregiver?
- Difficulty spending time in separate rooms to you/another caregiver?
- Difficulty sleeping in own room / alone?

Join us to learn more about separation anxiety and tips on how to help your child cope.

