

Coffee morning with the Mental Health Support Team (MHST) at Burlington Juniors



The MHST is an early intervention and prevention service that focuses on supporting children and young people with mild to moderate mental health presentations such as anxiety, low mood and common behavioural difficulties by providing a range of tailored support to children, parents and schools. The MHST is a school-based team of different mental health professionals who provide support to all primary and secondary schools in Kingston and Richmond.

With this in mind, we would like to inform you of two upcoming coffee mornings.

Managing anxiety (including fear and worries) **1 October 2024 at 9am**

Come along and have a coffee and a chat with other parents and our education wellbeing practitioners around managing your children's fears and worries. Anxiety can affect all children at some stage in their life, so we will be discussing common symptoms and strategies that can address these struggles to support you and your children when worries arise.

Challenging behaviour **5 November 2024 at 9am**

Come along and have a coffee and a chat with other parents and our education wellbeing practitioners around our challenging behaviour. The session offers insights into understanding the root causes of challenging behaviour and equip parents with effective techniques to promote positive change.