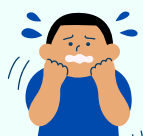
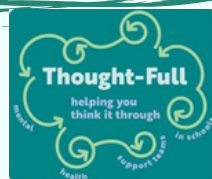


Hosted by  
Waterfield Primary  
RH11 8RA

# TRANSITIONS

Supporting your child with change



## Parent Workshop by Thought-Full MHST



Is your child worried about moving to a new school or class?

Do you feel they worry **a lot**, or **too much**?

Is your child anxious about **change** in general?

If so, this course is for you!

Led by **Thought-Full** mental health support team, Waterfield Primary is hosting a parent workshop using evidence-based approaches to help you to better understand your child's worries and support their emotional wellbeing, especially during times of school transition and change from Y6, Y2 or any age.

Please join us on

Mar

Thursday



Feb

Feb



9:30-

11:00am



**LEARN  
ABOUT THE  
BRAIN**



**SHARE  
QUICK WINS**



**CONNECT  
WITH OTHER  
FAMILIES**



**GAIN  
IDEAS**



**PROBLEM  
SOLVE  
TOGETHER**

Waterfield Gardens, Crawley  
On street parking nearby



**All Primary Aged  
Year Groups Welcome**

Please register with your school

