



Drumbeat Outreach

Parent Workshop

Supporting CYP Struggling with Anxiety about Attending School

Is your child finding it difficult to attend school due to anxiety, worry, or emotional distress? You're not alone. Join us for a practical and supportive workshop designed to help parents and carers understand the causes of school based anxiety and strategies to support your child and work with school.

This session will cover:

- What school based anxiety looks like and why it happens
- How to spot early signs and triggers
- Practical tools for supporting your child at home and with school
- Where to find further help and guidance

Tuesday 21st October 2025 – 6pm-7.30pm

This session will be a webinar.

Please email outreach.admin@drumbeat.lewisham.sch.uk or telephone 020 7635 9022 to reserve your place.



Drumbeat