



Anxiety and Worries Workshop

Information for Parents and Carers

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.

Archbishop Runcie First School
Wednesday 9th October
3.15pm - 4.00pm

Fears and worries are normal experiences that we all have from time to time, but in some cases, they begin to affect our lives. For your child, this may affect their behaviour at home, at school or with their friends.

Many children experience these difficulties, yet as parents and carers you may feel that it is difficult to know what to do for the best.

The purpose of this workshop is to give parents/carers the opportunity to learn more about anxiety in children and how best to support children with their worries.

The workshop will focus on:

- **How anxiety presents in children.**
- **Discussing the development and maintenance of anxiety in children.**
- **Tips and things you can do as adults to manage anxiety and build confidence and independence in children.**



For more information about RISE please visit our website, You Tube channel and social media platforms



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rise.childrensociety.org.uk/

Zones of Regulation Workshop

Information for Parents and Carers

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.

Archbishop Runcie First School
Wednesday 20th November 2024
3.15pm - 4.00pm

There is no such thing as a good emotion, or a bad emotion.

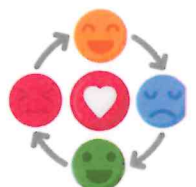
Everyone experiences a range of emotions, and sometimes it can be helpful to think of our emotions in different zones.

Learning about the different zones can help you understand your child's emotions, and help them to recognise what is happening when they experience different emotions.

It can also be helpful to find ways of supporting your child to express and manage their emotions safely.

The workshop will focus on:

- **Understanding how the brain works during emotional situations.**
- **Learning about the four zones of regulation.**
- **How to recognise when your child is in each zone.**
- **Finding ways to support young people with managing their emotions.**



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