



THE
AYLSHAM
COMMUNITY
TRUST
(FAMILIES)

It takes a Whole Community to Educate a Child

We are delighted to offer parents/carers the opportunity of joining a free support session. The session will be led by our Social, Emotional and Mental Health Officer, Sara Dale.

Managing Anxiety

Wednesday 13th October

9.15am - 10.45am

Aylsham High School

This FREE session offers support to families who struggle with a variety of anxiety related concerns and symptoms. During the session you will learn a variety of coping strategies.



Please book your place by contacting Monica Harding our Family Learning Co-ordinator: mharding@aylshamhigh.norfolk.sch.uk or telephone/text 07780 887348.