

# Mental Health Support Team (MHST)

## Online Parent Workshop: Moving Up to Secondary School

Focusing on how you can support your child with their upcoming move to secondary school, including understanding possible anxieties around change and practical strategies to support to manage these.

**Thursday 10th July 2025 At  
10am on Teams**

*The Mental Health Support Team will be delivering a workshop designed to support all parents/carers with children moving up to secondary school.*

*We encourage you to come along to build on your understanding, learn new skills and meet other parents of children with similar experiences.*

We look forward to meeting you!

