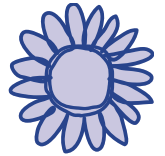
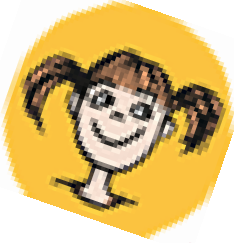
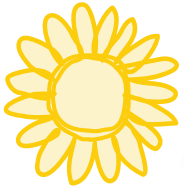


Introduction to our Wellbeing service

Brent, Wandsworth and Westminster



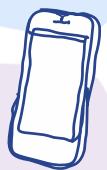
A little bit about the different ways we can offer support:

- **Individual support** by providing 1:1 guided self-help sessions for Parent/Carers over 6-8 weeks for child anxiety and for behaviour difficulties. The aim is to support and empower you to develop coping strategies to manage your child's difficulties.
- Parents/Carers will play an active part in problem solving, practicing strategies and setting goals in the sessions
- **Groups and workshops** for children and Parent/Carers on different topics such as transitions, friendships, anxiety, understanding and managing emotions, how to look after your emotional wellbeing etc. Where there is a need and interest other topics may also be covered.

Hi my name is Anna, I am the Assistant Psychologist who works at St Gabriel's. I am looking forward to meeting and working with many of you soon.



In order to refer your child to our service please speak to your child's teacher or a designated staff member in school and they will be able to assist you further.



Mental Health Support Team