

For
parents/carers

Parent Carer (of children and young people aged 0-25yrs)
TRAINING & information
Sessions



Understanding Why Children Might Be Anxious About School
Tuesday 17th February 2026, 9.30 am—11.30 am

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

For further information about our sessions, please email:

tewv.countydurhamcamhstraining@nhs.net



See the full offer of parent training sessions by following the QR code or this link: [Parent/carers CAMHS training in County Durham](#)