



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 online session delivered via Zoom. The session will be led by our Social, Emotional and Mental Health Officer, Sara Dale.

Zoom can be accessed on a computer, smart phone or tablet.

Managing Anxiety

This FREE online session is specifically designed to offer support to those who struggle with a variety of anxiety related concerns and symptoms. During the session you will learn a variety of coping strategies.

Wednesday 27th January 1.30pm - 2.30pm



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