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Tracey Foster BSc (Hons), PGCE, MBPsS

Mob: 07913 179125

Sue Plechowicz BSc (Hons), PGCE, MBPsS

Mob: 07854 110297

[www.senservicessw.com](http://www.senservicessw.com/)

email: [senservicessw@gmail.com](mailto:senservicessw@gmail.com)

## Recognising Learners who are Anxious or Depressed and Supporting their Mental Well-Being

**Training for Primary and Secondary SENCos, Teachers, Leaders and TAs**

***This course can be accessed via the live zoom session on the date below or as a recording***

Friday 18th November 2022 - 12.30 pm – 4.30pm

You will gain:

* Knowledge of how to recognise the signs of anxiety and how to support anxious children
* An understanding of the effect that anxious parents can have on their children
* Knowledge of how to recognise the signs of childhood depression and how you can help
* An understanding of how the Covid-19 pandemic may have had a lasting effect on your pupils’ and parents’ mental wellbeing
* Knowledge of how to recognise the signs of self-harm and how to support those who do so

**Cost per person - £50**

**(10% reduction for schools booking two or more places)**

## ‘Fantastic training with friendly, informative trainers – am going away feeling positive, more informed – one of the best training sessions I have been on.’  J. Holman, Wilcombe Primary, Devon

### To book,emai l us at senservicessw@gmail.c o m or call 07913179125 on 0 7 8 54 1 10 29 7