



9 January 2026

Dear Parent/Guardian

### **BRIYM Parent Workshop: Understanding Anxiety in Children and Teenagers**

We are delighted to have secured the excellent team from BRIYM to deliver a series of parent information evenings throughout this academic year. This half term, they will be offering a session on understanding anxiety in children and teenagers, and we would like to open this opportunity out to all parents.

Future sessions may be directed at specific year groups.

The event will take place on **Tuesday 20 January 2026, from 6.00 - 7.00pm**, in the Main Hall at **Maiden Erlegh School**.

#### **About the session:**

If you are concerned about your child's mental health or would like a clearer understanding of anxiety, this workshop will offer gentle guidance. We will look at how anxiety shows up in young people, what might be driving it, and share practical methods you can use at home to calm anxious thoughts and support resilience.

If you would like to attend, **please complete the form by [Clicking Here](#)** so that we know to expect you. Please note that the event is capped at **300 attendees** and places will be allocated on a first-come, first-served basis.

We would like to thank the BRIYM team for their continued support with this important work, and we hope that you will find the session valuable in supporting your young people.

Yours Sincerely

Mrs J Bhadye  
Assistant Headteacher

