

THE HOLME VALLEY SAFEGUARDING & WELLBEING HUB

In association with Northorpe
Hall & Holmfirth High School

PARENT EVENTS

**Understanding and Supporting
Anxiety**

Thursday 9th March 2023 - 5.45pm start

The Teenage Brain

Tuesday 13th June 2023 - 5.45pm start

All these events are open to parents of pupils at Holmfirth High School and Year 5 & 6 parents from our partner primaries.



**HOLMFIRTH
HIGH SCHOOL**

UNDERSTANDING AND SUPPORTING ANXIETY

This session will provide information about what anxiety is and share resources which can support and manage anxiety when it becomes overwhelming.

**THURSDAY 9TH MARCH 2023
17:45 – 19:00PM**

Holmfirth High School
Heys Road, Thongsbridge,
HD9 7SE

**To book onto the event on
Thursday 9th March 2023:**

[CLICK HERE](#)