





- Does your child / young person struggle with Anxiety?
- Does your child / young person struggle with Low Mood?
- Would you like to have a better understanding of your child's needs and develop crucial strategies.

If any of the above is relevant you please book onto the following session.

Understanding Anxiety and Low Mood

for parents/carers

Delivered by Sarah Jayne Bowater, CAMHS

Wednesday 31st January 9.30am – 12pm

Fishpool Liberal Club, 79 Nelson St, Bury BL9 9HX

To book please ring or email contact details are below 0161-762-1440

Email: admin@firstpointsupport.org.uk

