



THE ROOTS

Empowering young minds



Is your child struggling to go to school ?



Join a free workshop for parents and carers to help your child attend school with confidence.

Join us at

**Queen's Road Family Hub
(215 Queens Road, E17 8PJ)**

Visit the QR code to book a date this autumn term 2025



THE ROOTS

Empowering young minds

Up to 10% of children experience anxiety or distress about going to school.



Our workshop aims to support you to help your child engage with school.

What the workshop covers:

- Why children may struggle to attend school
- Strategies for overcoming anxiety about school
- Self-care and connecting with school
- Action planning to help take steps forward.

Who are we?

The Roots was established in partnership with Waltham Forest Council in 2024. We are a team of specialist clinicians who support young people and their families with common wellbeing and mental health challenges.

Visit our website or email us directly to find out more about The Roots service and our support for families & young people:

Roots@groundwork.org.uk
therootslondon.co.uk

