



THE ROOTS

Empowering young minds



Is your child struggling to go to school ?



Join one of our free workshop for parents to help your child attend school with confidence.

Scan the QR code to book a place and find out more

Join us at

Queens Road Family Hub, 215 Queens Road, E17 8PJ

- **21st February 2025 - 1:00pm - 3:00pm**
- **21st March 2025 - 10:00am - 12.00pm**



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



Our workshop aims to support you to help your child re-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

