

Emotionally Based School Avoidance (EBSA) Workshop

This workshop aims to build on parents/guardians/carers' understanding of how feelings of anxiety can impact children's school attendance and engagement.

The workshop will explore what anxiety is and what it might look like in our children.

A brief introduction to Emotionally Based School Avoidance (EBSA) and an overview of the Derbyshire and Derby City Attendance Project will be offered and strategies about how you can support your child will be shared.

The aim of this workshop is for parents/guardians/carers in South Derbyshire to feel more confident:

- Recognising feelings of anxiety in children and young people.
- Using strategies to support children and young people that feel anxious about attending school.

When: Monday 17th March 2025 10am-11am

Where: Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

Who: Parents/guardians/carers of children and young people that live in South Derbyshire.

To book: call 01332 228744 or email ch@citizensadvicemidmercia.org.uk for more info



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