

# MAC is back!

The MAC Family Hub is a support group within the Mead Infant, Auriol Junior and Cuddington Community Primary (MAC) schools for families and provides positive support to improve family resilience through awareness, education and inclusivity.



If you would like to find out more about MAC or have ideas about future presentation please speak to the SENCO at your child's school.



**Would you like to learn more about understanding and supporting your child with their worries and anxieties?**

MAC Family Hub welcomes all parents and carers to an online presentation from the Epsom Mental Health Support Team on **Wednesday 30<sup>th</sup> March at 6pm**

The team will give an overview of what anxiety is and the common fears and worries experienced by children. This will be followed by looking at different strategies that you could use to help your child to manage their anxiety.

Individual schools will be sending out a form that will need to be completed to book a place on the workshop.