

Supporting your move to Collingwood College

Brought to you by the Surrey Heath Mental Health Support Team, as part of the
Mindworks School Based Needs Team.

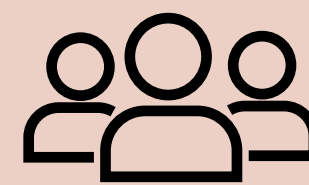


What will the workshop cover?

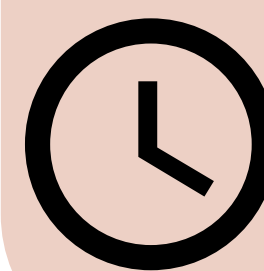
- Ice Breakers: a chance to get to know others in their form or half of the year group
- A brief presentation around anxiety symptoms, and strategies to manage anxiety
- Problem solving common worries about moving to secondary school
- A tour of key areas in the school



The workshop will
be at Collingwood
College



The workshop will
be in small groups



The workshop will
be two hours

To sign up to a Workshop, please visit: <https://forms.office.com/e/XiNz246Sz2> or click or scan the
QR code to the right.

Feedback from previous workshops:



'The different tips
that we got given to
handle situations
were helpful'

'I could ask
questions and get
support with how
to deal with it'

It was nice to meet
people before the
start of school

