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Dear Parent/Carer

8<sup>th</sup> February 2024

### **Re: Fear Less Course for Parents & Carers**

Durham Family Hubs are offering parents and carers the opportunity to take part in a course called 'Fear Less' which is aimed at parents of children who suffer from anxiety and this anxiety is affecting them coming into school.

The course is full of good advice, support, strategies and techniques for supporting a child with anxiety.

Anxiety in children is a growing area of concern nationally and in school we have recently had a whole school assembly on anxiety delivered by S

Yours sincerely

*Mrs D Cross*

Mrs D Cross  
Head Teacher

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