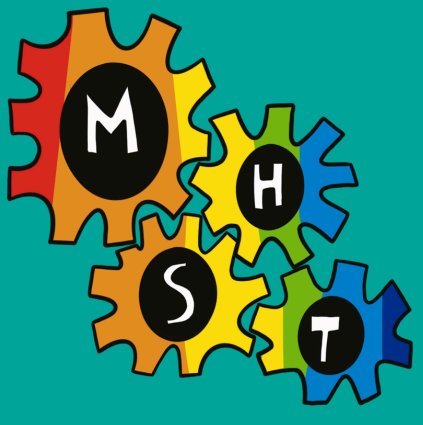




HELPING YOUR CHILD WITH FEARS AND WORRIES

WHAT IS THE HELPING YOUR CHILD WITH FEARS AND WORRIES GROUP?

In this course a practitioner works alongside you as parents/carers to support you to help your child overcome their fears and worries. This is also known as Parent-Led CBT (Cognitive Behaviour Therapy)

WHY A PARENT LED GROUP?

Parents and carers are the experts when it comes to their children and they are in the best place to motivate and encourage them. This type of group helps the parent or carer to understand their child's anxiety, and how they can help their child to feel less anxious or worried.

WHAT WILL THIS LOOK LIKE?

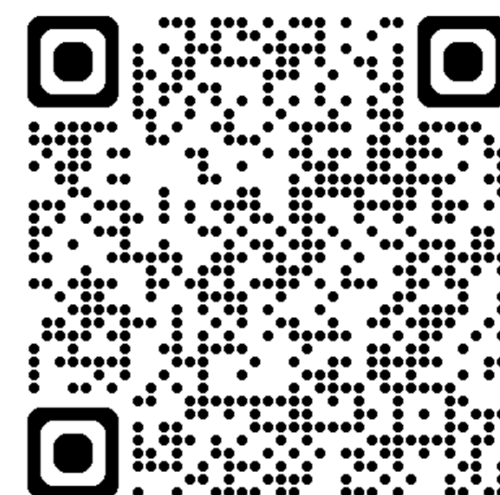
- This is a 6 week course which will either be delivered in person or online
- You will need to attend all sessions.
- The course will be facilitated by two practitioners
- Sessions will take place weekly and last for 1 hour
- you will be asked to do some reading and do some home practice tasks between each session

WHO SHOULD ATTEND?

- Parents/Carers of children who have developed recent worry or anxiety
- Your child should be between the ages of 5 -12 years
- You are open to learning new skills, to be able to support a change in your child's behaviour.

WEBINAR

For more information watch our 'An Introduction to Helping fears and worries' webinar. <https://youtu.be/iM6CKxHSEVs>



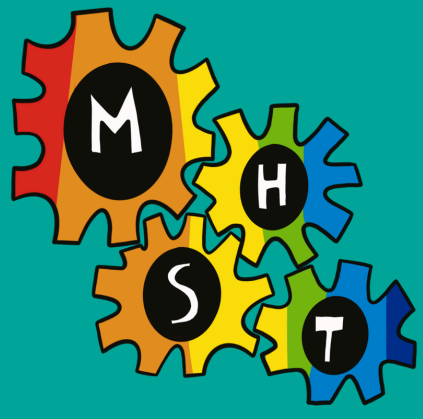
FEEDBACK FROM FAMILIES

this course it has made such a difference and I am just beaming with pride for my child

This course has been brilliant and I feel I have learnt so much

This course has been so helpful, i could have done with this course 6 months ago

'Go for it!' you'll learn some really great stuff that will benefit the whole family'



COURSE DATES

SUMMER TERM

FRIDAY 12.30–13.30PM
ONLINE

Referrals open	21 st April
Referrals close	30 th May
Dates for groups	13 th June 20 th June 27 th June 4 th July 11 th July 18 th July

AUTUMN TERM

WEDNESDAY 4.30–5.30PM
ONLINE

Referrals open	21 st July
Referrals close	22 nd Aug
Dates for groups	17 th Sept 24 th Sept 1 st Oct 8 th Oct 15 th Oct 22 nd Oct

AUTUMN TERM

TUESDAY 5–6PM
ONLINE

Referrals open	11 th Aug
Referrals close	19 th Sept
Dates for groups	7 th Oct 14 th Oct 21 st Oct break for half term 4 th Nov 11 th Nov 18 th Nov

AUTUMN TERM

MONDAY 5–6PM
ONLINE

Referrals open	15 th Sept
Referrals close	13 th Oct
Dates for groups	3 rd Nov 10 th Nov 17 th Nov 24 th Nov 1 st Dec 8 th Dec

To express interest in one of the groups, please speak with your school.

