



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.

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'