



Are you concerned about your child's worries? Join our up coming group

The parent group sessions are aimed at normalising worry, exploring how worry feels and common worries young people may have, whilst learning strategies to cope.

Sessions will cover the following:

- Understanding how worry affects your child.
- Awareness of the fight /flight /freeze response.
- Learning about worry and recognizing the difference to support your child.
- Problem solving and developing strategies to manage worry.
- Coping with uncertainty.
- Developing a toolkit of strategies and summary of learning.



Sessions will run for 6 weeks. Prior to session 1 please can you read chapters 6 and 7 of the self help book, Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents by Cathy Creswell (shown above)

Referral via school to be in by 20/10, with assessments week commencing 31/10/22 and 7/11/22, group to start week commencing 21/11/22 – sessions will be weekly on either a Wednesday evening at 5pm or Friday during the day.