

CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

AUTUMN 2024 GROUPS

Parents can self refer on to the groups

CWP are delivering a series of **FREE** group interventions for parents.



Fear-Less IN PERSON

Ellesmere Port Kingsley Resource Centre 12.30pm to 2.30pm:

5 November, 12 November, 19 November, 26 November, 5 December & 10 December

OR

Winsford Library 10am to 12pm:

4 November, 11 November, 18 November, 25 November, 2 December & 9 December

For parents/carers of school aged children (6 to 14 years) with moderate to severe anxiety.

An evidence based intervention delivered over 6 weeks and includes understanding anxiety, learning to encourage your child's coping skills and to manage their anxiety as well as problem solving skills and learning to feel confident as a parent.



Timid to Tiger ONLINE

10am to 12pm

16 October, 23 October, 6 November, 13 November, 20 November, 27 November, 4 December, 11 December & 18 December.

For parents/carers of primary school aged children (5 to 11 years) with mild to moderate anxiety.

An evidence based intervention delivered over 9 weeks and includes understanding the science behind anxiety, parental modelling of anxiety, how to safely expose your child to their anxiety triggers, and how to support your child to develop in confidence using techniques such as special play and rewards.

To join a group parents/carers **MUST** attend one of the drop in sessions listed below. You can drop in at any time:

8 October 9.30am to 11.30am
1829 Building Countess of Chester Hospital

11 October 9.15am to 11am
Overall Children's Centre Winsford

11 October 10am to 12pm
Kingsley Resource Centre Ellesmere Port

Support,
Friendly
non-
judgemental

For more Information email: cwp.cheshiremhstadmin@nhs.net