

## Contact us

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Contact us now for further information and to book your free place on this group course!

Call: 01606 593724

Email: [laura.jones@wycf.co.uk](mailto:laura.jones@wycf.co.uk)



Nixon Drive  
Winsford  
Cheshire  
CW7 2HG

Phone: 01606 593724  
E-mail: [laura.jones@wycf.co.uk](mailto:laura.jones@wycf.co.uk)

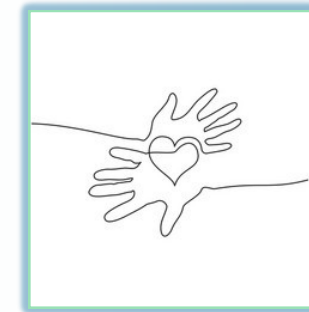
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New Images  
Youth &  
Community  
Centre

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## Help your child deal with anxiety

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- \* Do you have a child (aged 5-12yrs) who is struggling with anxiety?
- \* Are you looking for guidance, advice and support on ways to help your child?
- \* Join a free 5 week course specifically aimed at parents and carers. Starting September 2022.



### Dates of course:

Wednesday 21st September  
Wednesday 28th September  
Wednesday 5th October  
Wednesday 12th October  
Wednesday 19th October

### Time:

6.30-8.15pm

### Venue:

New Images Youth & Community  
Centre, Nixon Drive, Winsford,  
Cheshire, CW7 2HG.

## All about the Course

This 5 week course is for parents and carers who are looking for help and support with their child, aged 5-12yrs, currently experiencing and struggling with anxiety.

The sessions are being delivered by a CBT Therapist and a Psychological Wellbeing Practitioner, both of whom are specialist CYP mental health practitioners.

The programme is centred around a parent-led CBT approach which is an evidence-based group developed by Professor Cathy Creswell.

The approach believes that parent/carers are the agent of change for their child, they are with their child the vast majority of the time and therefore can have a greater impact on improving their child's anxiety.

## Weekly sessions/Content

**Session 1:** Explanation of the programme and a chance to discuss your specific goals. This session also focuses on psychoeducation - exploring what anxiety is, how it is impacting your child and what maintains anxiety.

**Session 2:** Understanding children's anxious expectations, learning about curious questioning and looking at what your child needs to learn and develop.

**Session 3:** Developing a step-by-step approach to overcoming fears and worries, encouraging independence and having a go.

**Session 4:** Trouble-shooting and reviewing the step-by-step plans. Learning how to manage unplanned experiments and how to problem-solve.

**Session 5:** Review of the strategies, celebration and planning for the future.

## Booking process

To book your free place, simply give us a call at New Images Youth and Community Centre on 01606 593724. We will take a few details over the phone from you and complete a quick form. You will then receive a follow up call from one of the course leaders to discuss the course in more detail to ensure that this is the right course for you, and for you to have the opportunity to ask any questions you may have prior to beginning the sessions

Alternatively, please drop us an email at: [laura.jones@wycf.co.uk](mailto:laura.jones@wycf.co.uk) with your contact number and we will call you!



*Caption describing picture or graphic*