



WOKINGHAM
BOROUGH COUNCIL



NHS
Berkshire West
Clinical Commissioning Group

Wokingham Mental Health Support Team (MHST)

Helping your Child with Fears and Worries Online Parent Group Programme A Guided Self-Help Approach



Learn coping strategies to help your child manage anxiety.

Is your child between 5-12 years of age and facing difficulties with anxiety?



This group parent programme will enable you to understand what is causing your child's worries and to carry out evidence based, step-by-step practical strategies that you can use at home to support your child in order for them to overcome problems with anxiety.

The programme aims to support parents to work through the accompanying book *Helping Your Child with Fears and Worries* 2nd Edition: a self-help guide for parents.



Course Outline

- 5 x 90 minute online weekly group sessions over a six week period starting Monday 26th February, 9:30 - 11:00.
- Useful handouts for each session.
- An individual initial assessment and follow up appointment.

**For further information and to book a place on the course
please email:**

MHSTAdmin@wokingham.gov.uk and include:

** Your name*

** Email address*

** Name of the course*