



WOKINGHAM
BOROUGH COUNCIL



NHS
Berkshire Healthcare
NHS Foundation Trust

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: A self-help guide for parents* (2nd Edition).



Course Outline

- Introductory assessment phone call
- 5 x 90 minute online group sessions on Wednesdays 26th February, 5th, 12th, 19th March and 2nd April, 9:30 - 11:00am.
- Useful handouts for each session.

To book a place on the course please return completed referral form circulated with this flyer to:

MHSTAdmin@wokingham.gov.uk

by 5th February 2025

