



**Is your child
Anxious?**

Managing my Child's Anxiety

This group is for the parents of children
5-12 years, who struggle with anxiety.

The Wellbeing Team are offering a 6 week group programme for parents to learn CBT-informed techniques they can implement in their home, or with their child to aid them in managing their anxiety.

This is a chance for parents to share their experiences, and to learn ways to help their child manage their difficult emotions.

Aims of the programme

- Increase understanding of anxiety
- Maintenance of anxiety, including the role a parent plays in this, and how to break the cycle
- Physical response to anxiety
- Relaxation and breathing exercises
- Gradually facing the fear
- Coping with worry
- Problem Solving
- Mindfulness
- Thought Challenging
- Signposting to additional services

Larchfield Youth Centre, Maidenhead, 1-3pm:

Wednesday 6th November 2019
Wednesday 13th November 2019
Wednesday 20th November 2019
Wednesday 26th November 2019
Wednesday 4th December 2019
Wednesday 11th December 2019

Windsor Youth Centre, 1-3pm:

Thursday 27th February 2020
Thursday 5th March 2020
Thursday 12th March 2020
Thursday 19th March 2020
Thursday 26th March 2020
Thursday 2nd April 2020

Larchfield Youth Centre, Maidenhead, 1-3pm:

Monday 1st June 2020
Monday 8th June 2020
Monday 15th June 2020
Monday 22nd June 2020
Monday 29th June 2020
Monday 6th July 2020



If you have any queries please call 01628 7996688

Spaces are limited, so if you are interested, please email
edpsych@achievingforchildren.org.uk to book a space.

Places will be allocated on a first come, first served basis.