

FAMILIES AND COMMUNITY TEAM



PARENT WORKSHOPS

Helping children manage worries and anxiety.

Visyon's Family and Community Wellbeing Team are pleased to offer an **8-week Parent Workshop Programme** which will provide information, advice and strategies to empower parents to effectively support their children, with their worries and anxieties.

The Programme is available for Families of **primary school age** children, in **Cheshire East** and will be held at Visyon in Congleton for **face-to-face** delivery. If you would like to book a place on the Programme, please contact lynne.fitton@visyon.org.uk, who will contact you with further details.

Places are limited and will be allocated on a first come basis.



Parent Workshops – Helping children manage anxiety.

- 27/04/2022 - Parenting problems and difficult behaviors.
- 04/05/2022 - Securing the parent/child bond.
- 11/05/2022 - Understanding your child's anxiety.
- 18/05/2022 - Using praise and rewards to build confidence.
- 25/05/2022 - Setting limits on anxious children's behavior.
- 01/06/2022 - NO SESSION DUE TO HALF TERM
- 08/06/2022 - Managing children's worry.
- 15/06/2022 - Managing difficult behavior.
- 22/06/2022 - Review and celebration.

All 8 sessions need to be attended consecutively to complete the course and benefit from the learning techniques.

Each session will start at 11:00 am and finish at 12:15 pm.