



Making Life  
Better Together



NHS

South West London and  
St George's Mental Health  
NHS Trust



## Parent/Carer Group: Supporting your Child with Fears, Worries & Anxiety



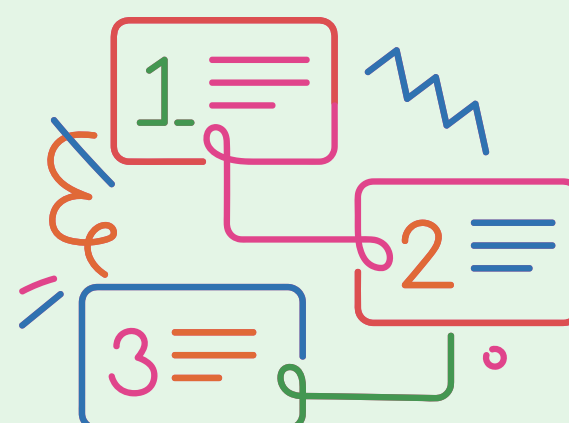
### IS YOUR CHILD:

- Aged between **4-10 years old**?
- Recently started to **struggle with worry**?
- **Avoiding** certain places, **things** or situations?
  - Finding it difficult separating from you?

**If yes, this group might be for you!**

### TOPICS WILL INCLUDE:

- Learning about your child's fears/worries and how they're maintained
- Strategies to support your child to face worries in manageable steps



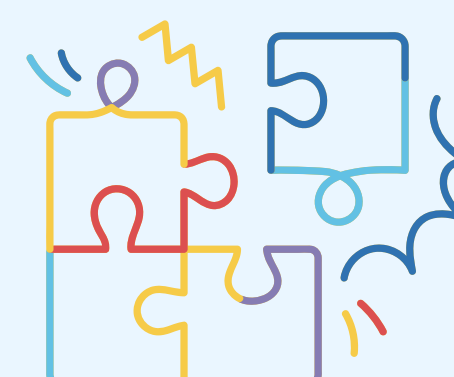
### TO SIGN-UP & REGISTER YOUR INTEREST

please complete  
this form (click link below):  
[Parent Group Application](#)

You can also scan the  
QR code below.



We'll start with a  
screening call to make  
sure the group is  
right for you!



### GROUP DETAILS:

Our parenting groups run over five weekly sessions.  
We ask that you attend all sessions.  
Can't attend dates below? Please sign-up to express  
interest to join a future online parenting group.

### DATES:

**Friday 9th January – Friday 6th February 2026  
(every Friday), 9:30 am – 11 am**

### LOCATION:

Sutton CAMHS, East Building 2, Jubilee Health  
Centre, Wallington, Sutton, SM6 0HY

### SUITABILITY:

Our Parent/Carer group supports children  
with mild to moderate anxiety.

We ask that Parents/Carers are not engaging with  
other support services to avoid families getting lots  
of different advice.

### SPACES ARE LIMITED!

We encourage you to  
submit your application  
as soon as possible if  
you're interested in joining!