

Being a parent is
such a tough job...

Do you want to help your
young person to overcome
their anxiety and be able
to enjoy life fully?

We're listening.

Supporting your anxious child/young person

An 8 week group for parents of
children/young people aged 11-16 years



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What is the programme about?

The group will provide an opportunity to share experiences and gain support from other parents who are facing similar challenges. It will enable you to increase your knowledge, understanding and skills in managing your young person's anxiety.

What is covered?

The programme will look at what may be influencing the young person's behaviour, how behaviour patterns can be learnt; the link between thoughts, feelings and behaviour and practical parenting strategies to enable you to support your young person to overcome their anxiety and avoidance behaviours.

When and where?

6.30-8.30pm on Wednesday evenings
14, 21, 28 September, 5, 12, 26 October,
2, 9 November 2022

**Netherhall Children Centre, New Romney Crescent,
Leicester LE5 1NH (on the same site as Scraftoft Valley
Primary School)**

This group is for parents in Leicester and there is a maximum of 10 members.

Please contact Henry Charles:

How do I book?

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