

Schools Counselling Partnership

Understanding and Managing Anxiety - Free 5 Week Online Course for Parents

Monday 22nd February from 10.00-11.30 am

(20 spaces only)

No-one has been untouched by this crisis and many of us are struggling with anxiety during these times of constant change. If you are struggling with your sleep, your concentration, spiralling thoughts then we would like to help you.

The Schools Counselling Partnership are offering a **5-week online programme(via zoom)** to help you understand and manage your anxiety. During this programme you will gain:

- A good understanding of excessive worry (Generalised Anxiety Disorder)
- An understanding of how worry can be maintained and the links between our thoughts, feelings, physical sensations and behaviours
- Knowledge of several techniques which can be used to help reduce your anxiety and worry
- Awareness of your early warning signs for anxiety and have a plan in place to maintain progress and manage setbacks.

Cognitive Behavioural Therapy helps us to identify the cause of our anxiety, our thinking around it and then it offers strategies to help us manage. This course does require an element of homework each week and you need to be able to commit to this to really see the benefit.

This is a confidential course, however, it isn't important to know that it isn't group therapy where you will be required to share what is going on for you it is more of a reflective practise with some exercises to help you cope. How much participate with the group is entirely up to you. If you don't want to participate you are welcome to just listen, reflect on what you are learning and practise the exercises.

Zoom links and handouts each session will be sent out 3 days before. You won't need to read any of the handouts

If you would be interested in participating please contact Toni Medcalf confirming that you would like a place and giving details of the school that you child attends.

E-mail: info@schoolscounsellingpartnership.co.uk