

## 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 in Cheshire East and will be held at Visyon in Congleton. If you would like to book a place on the Programme, please contact [lynne.fitton@visyon.org.uk](mailto: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.

- 22/09/2021 Parenting problems and difficult behaviors.
- 29/09/2021 Securing the parent/child bond.
- 06/10/2021 Understanding your child's anxiety.
- 13/10/2021 Using praise and rewards to build confidence.
- 20/10/2021 Setting limits on anxious children's behavior.
- 03/11/2021 Managing children's worry.
- 10/11/2021 Managing difficult behavior.
- 17/11/2021 Review and celebration.

Each session will start at 5 pm and finish at 6.15 pm.