

CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

SUMMER 2025

CWP NHS are delivering a series of FREE group interventions for parents.

From Timid to Tiger - ONLINE 10am to 12pm

For parents/carers of primary school aged children age 5 to 11 years with mild to moderate anxiety and anxiety related behavioural difficulties. An evidence based intervention delivered over 9 weeks to understand the science behind anxiety, safely exposing your child to anxious situations, and supporting your child in gaining confidence and skills

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22 APRIL, 29 APRIL, 6 MAY, 13 MAY, 20 MAY,
3 JUNE, 10 JUNE, 17 JUNE, 24 JUNE

Fear-Less - In Person Kingsley Resource Centre Ellesmere Port 9.30am to 11.30am

For parents/carers of school aged children 6 to 14 years with moderate anxiety. Fear Less is an evidence based intervention delivered over 6 weeks and includes understanding about anxiety, learning to encourage your child's coping skills to manage their anxiety; building on problems solving skills and gaining confidence as a parent supporting your child

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7 MAY, 14 MAY, 21 MAY, 4 JUNE,
11 JUNE, 18 JUNE

Support,
Friendly
non-
judgemental



To join a group parents/carers **MUST** attend one of the below registration sessions - please email cwp.cheshiremhstadmin@nhs.net to book
25 March 10am to 12pm online OR
23 April 1pm to 2.30pm Kingsley Resource Centre