

FAMILIES AND COMMUNITIES TEAM



PARENT WORKSHOPS

Helping children manage worries and anxiety.

Visyon's Families and Communities Team are pleased to offer a **7-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 of **primary school age** children, in **Cheshire East** and will be held at Visyon in Congleton for **face-to-face** delivery. If you would like to book a place on the Programme, please contact the

FamiliesandCommunitiesTeam@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.

- 19/04/2023 - Parenting problems and difficult behaviors.
- 26/04/2023 - Securing the parent/child bond.
- 03/05/2023 - Understanding your child's anxiety.
- 10/05/2023 - Using praise and rewards to build confidence.
- 17/05/2023 - Setting limits on anxious children's behavior.
- 24/05/2023 - Managing children's worry.
- 31/05/2023 - Managing difficult behavior. Review and celebration.

All 7 sessions need to be attended consecutively to complete the course and benefit from the learning techniques.

Each session will start at 10:30 am and finish at 12.00 pm.