

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, 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.

- 02/02/2022 - Parenting problems and difficult behaviors.
- 09/02/2022 - Securing the parent/child bond.
- 16/02/2022 - Understanding your child's anxiety.
- NO SESSION DURING HALF TERM WEEK
- 02/03/2022 - Using praise and rewards to build confidence.
- 09/03/2022 - Setting limits on anxious children's behavior.
- 16/03/2022 - Managing children's worry.
- 23/03/2022 - Managing difficult behavior.
- 30/03/2022 - Review and celebration.

Each session will start at 11:00 am and finish at 12:15 pm.