

Contact us

Contact us now for further information and to book your free place on this group course!

Call: 01606 593724

Email:

laura.jones@wycf.co.uk



New Images Youth & Community Centre



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Winsford
Cheshire
CW7 2HG

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Parent Peer Support Program

Help your child



- * Do you have a child (aged 5-12yrs) who is struggling with anxiety?
- * Are you looking for guidance, advice and support on ways to help your child?
- * Join a free 5 week course specifically aimed at parents and carers.
Starting November 2022.

Dates of course:

Tuesday 8th November
Tuesday 15th November
Tuesday 22nd November
Tuesday 29th November
Tuesday 6th December

Time:

10.00am-11.30am

Venue:

New Images Youth & Community
Centre, Nixon Drive, Winsford,
Cheshire, CW7 2HG.

All about the Course

What is it?

Facilitated by Motherwell Cheshire—This Wellbeing group is here to help parents and carers to understand and support their children.

The course will run on a weekly basis for 5 weeks and each session will last approx. 1.5 hours.

Part of a relaxed, small group setting (maximum number of 12 attending each session).

Learn about anxiety in Children and Young People whilst meeting others in a similar situation!

Following on from the 5 week program, participants can stay connected with others in the group by forming a peer support group—from there, you can continue to explore, discuss and support each other.

Weekly sessions/Content

Session 1: Warm welcome, followed by Introduction and explanation of the programme and a chance to discuss your specific goals.

Session 2: Developing an understanding of anxiety.

Session 3: Learning and understanding how and why anxiety can occur.

Session 4: Recognising symptoms of anxiety.

Session 5: How to help a child/young person when anxious...Finishing the course with a final overview of all previous session content!

Booking process

To book your free place, simply give us a call at New Images Youth and Community Centre on 01606 593724. We will take a few details over the phone from you and complete a quick form.

Alternatively, please drop us an email at: laura.jones@wycf.co.uk with your contact number and we will call you!