

Helping Your Child with Fears and Worries

- Parent Group

This guided parent-delivered programme teaches parents cognitive behavioural strategies to help their child overcome anxiety through the accompanying book



5 two-hour online sessions over 6 weeks

WHO IS IT AIMED AT?

The programme is intended for parents of children aged 5 to 12

EVIDENCE BASE

Those who receive the programme are **twice as likely** to recover from their main anxiety problem and **three times more likely** to be free of all anxiety diagnoses than those who receive no treatment (Thirlwall et al, 2013)



How to Join

<https://forms.office.com/e/UUHqe9v32>



Online sessions, via MS Teams, are running on the following dates and times

Start Date	End Date	Year	Time
9th Sep	14th Oct	2026	10am–12pm
9th Sep	14th Oct	2026	4pm–6pm
4th Nov	9th Dec	2026	10am–12pm
4th Nov	9th Dec	2026	4pm–6pm
6th Jan	10th Feb	2027	10am–12pm
6th Jan	10th Feb	2027	4pm–6pm
24th Feb	31st Mar	2027	10am–12pm
24th Feb	31st Mar	2027	4pm–6pm
28th Apr	2nd May	2027	10am–12pm
28th Apr	2nd May	2027	4pm–6pm

If you are interested in joining the group, please sign up below and a member of staff will be in touch to discuss the group and the support you need. This offer is available to parents of children who **attend an MHST school in East Herts.**

Space is limited so sign up quick!

Please note that a patient record will be created for your child as this is an NHS service.

