

Parent Workshop

Helping Children Manage Worries and Anxiety

What:

FREE 7 week programme for parents/carers of children aged 5+. This programme is evidence based and explores various parenting techniques which can be applied to support an anxious child.

When:

Wednesday's at 10:30am - 12pm

5th June
12th June
19th June
26th June
3rd July
10th July
17th July

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

Where:

At Fellowship House, Park Road,
Congleton, CW12 1DP

Book now

Email:

FamiliesandCommunitiesTeam@Visyon.org.uk

Call: 01260 290000