

## 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

28th February

6th March

13th March

20th March

27th March

17th April

24th April

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