

# CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

WINTER 2024 / SPRING 2025  
GROUPS

FREE NHS  
group  
interventions  
for parents.

## *Fear-Less*

For parents/carers of school aged children 6 to 14 years with moderate anxiety issues. Fear Less is an evidence based intervention delivered over 6 weeks and includes understanding about anxiety, learning to encourage your child's coping skills to manage their anxiety; building on problems solving skills and gaining confidence as a parent supporting your child



### How?

Online group  
2 x hrs a week for  
6 weeks

### When?

08/01/25 15/01/25 22/01/25  
29/01/25 05/02/25 12/02/25

Wednesday 10.00 - 12.00

To join a group parents/carers **MUST** attend one of the registration sessions - please use the QR code or link to book on:

<https://forms.office.com/e/nW1TUcZQsb>



Watch our short video to hear a parent share their experience of attending a parent group

<https://youtu.be/ln5CfFF1a6g>

Support,  
Friendly  
non-  
judgemental