

CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

WINTER 2024 / SPRING 2025
GROUPS

FREE NHS
group
interventions
for parents.

From Timid to Tiger

For parents/carers of primary school aged children 5 to 11 years with mild to moderate anxiety and anxiety related behavioural difficulties. An evidence based intervention delivered over 9 weeks and includes understanding the science behind anxiety, safely exposing your child to their anxious situations, and how to support your child in gaining confidence and skills.

✔ Option 1

How?

Online Group
2 x hrs a week for
9 weeks

When?

07/01/25 14/01/25 21/01/25
28/01/25 04/02/25 11/02/25
25/02/25 04/03/25 11/03/25

Tuesday 10.00am - 12.00 noon

✔ Option 2

How?

Face to face group
2 x hrs a week for
9 weeks

Where?

Victoria Road Children's
Centre, Neumann Street,
Northwich
CW9 5UT

When?

09/01/25 16/01/25 23/01/25
30/01/25 06/02/25 13/02/25
27/02/25 06/03/25 13/03/25

Thursday 10.00am - 12.00 noon

Support,
Friendly
non-
judgemental

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>

