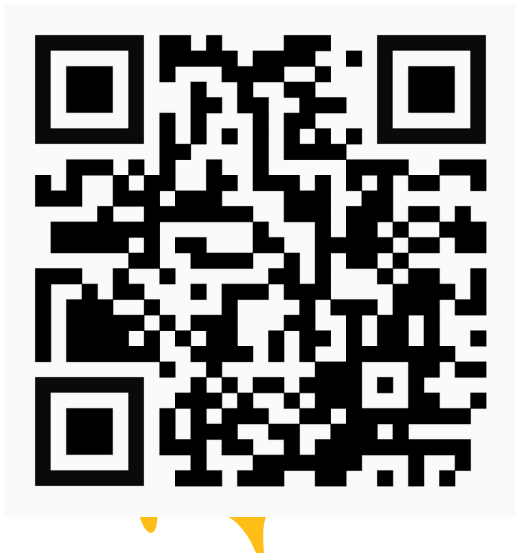




Parent Support Programme

Helping Your Child With Their Fears and Worries

A five session programme to help parents support children with their fears and worries.

What Does This Programme Look Like?

- ✘ Five sessions in total on a weekly basis
- ✘ This will be delivered with a LI-CBT trained therapist
- ✘ These sessions can be delivered online or face to face at school

What is Covered?

- What are fears, worries and anxiety?
- How do fears develop in children? What keeps my child's fears and worries going?
- Setting goals
- Encouraging independence and 'having ago'
- A step-by-step approach to overcoming fears and worries
- Learning to problem-solve worries
- Managing physical symptoms of anxiety
- How to overcome worry

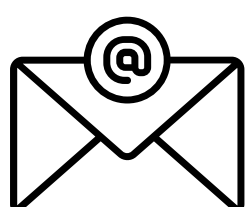
If you think your child could benefit from this support, please contact your school. Or you can make a referral to the service through our contact details below:



0121 227 8254



compass-uk.org



birminghamhst@compass-uk.org



*up to 25 years old for care leavers with special education needs or disability