

PARENT/CARER GROUP

# HELPING YOUR CHILD WITH FEARS AND WORRIES



EVERY FRIDAY MORNING  
9:30am -11:00am

ONLINE - FOR 8 WEEKS  
START DATE: 5th June 2026

Sessions will cover the following:

- Understanding how worry affects your child
- Awareness of the fight /flight /freeze response
- Learning about worry and recognising the difference to support your child
- Problem solving and developing strategies to manage worry
- Facing fears and exposure planning
- Coping with uncertainty
- Developing a toolkit of strategies to support you and your child

## HOW TO JOIN AND REFER:

Send an email to [oxl-tr.gmhst@nhs.net](mailto:oxl-tr.gmhst@nhs.net)  
with the following information:

- Your child's name, School and date of birth
  - A few sentences to explain your child's current challenges e.g., worries about joining clubs/ School/ social events/ performance etc
- Your details: name, address and contact number

