

Understanding & Helping Young Children Manage Worry & Anxiety

Nurture Psychology Service provide a two part 90-minute workshop to give parents practical skills based on scientific research and evidence around managing worry and anxiety. Helping parents understand how to manage and help their child with anxiety & worry is the best strategy for preventing difficulties in the future.

This workshop is helpful for parents of children up to 11 years old, who struggle with anxiety, worries & phobias. Tasks to practice at home with your child and handouts will be provided in week one, and session 2 will be used to talk about how these activities helped and/or, iron out any difficulties you might have had putting them into place.

Arrive 5-10 minutes early to enjoy the refreshments available.

Dates: Various dates and times throughout September 2018 – April 2019 (see our Facebook page or Eventbrite for specific dates and times).

Venue: Various venues in Rochdale, Heywood and Middleton.

To book: Eventbrite.co.uk – search for ‘Nurture Psychology Service’ and select a ticket to book on these workshops.

Cost: FREE (Funded by NHS Heywood, Middleton & Rochdale CCG, therefore this workshop is intended for people living in these areas)