

Parents Anxiety Workshop



Are you interested in finding out more about childhood anxiety? Would you like some resources and strategies to help your child who may present with mild anxiety?

Or, maybe you're interested in finding out more about anxiety. If so, this workshop may be for you!

Where: Little Kingshill Combined School,
Windsor Lane, Little Kingshill,
Great, Missenden, BUCKS HP16 0DZ

When: Thursday 7th February 2019
Times: 5 – 7pm (Please arrive at 4.45pm for a prompt 5pm start)

The Single Point of Access Team within CAMHS (Child and adolescent mental health service) are providing FREE training to parents and professionals in primary or education care settings across Buckinghamshire.

We use Psychological Perspectives in Education and Primary care to deliver this training and use the approaches from 'Overcoming your child's worries and fears' book by Cathy Creswell.

This book has a *huge success rate* for early intervention for children presenting with anxiety and is *evidence based*.



The aims of the workshop are:

- *To provide a sense of what anxiety is and how it might present in childhood*
- *A better understanding of what Cognitive Behavioural Therapy is and how it works*
- *A better understanding of how you can help, including resources, problem solving and strategies.*
- *Understanding when there may be a need for further professional support from CAMHS or other services.*

We know that working with parents:

- **Increases the likelihood of long-term change for children**
- **It highlights a positive parental role and after all, parents are the 'experts' of their own children.**

If you would like to attend please contact Dorothy Box at Little Kingshill School to book your place

