

Small changes, big differences.

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust



Group Fear-Less Triple P

Help your child / teenager break free from anxiety

Parent Group on how to support your child with anxiety...

DATES

Session 1 – Monday 19th January
Session 2 – Monday 26th January
Session 3 – Monday 2nd February
Session 4 – Monday 9th February
Session 5 – Monday 23rd February
Session 6 – Monday 2nd March

TIME

Each session will begin at 1:15pm promptly. Each session lasts approx. 2 hours.

VENUE

Kingsley Centre, Coronation Road, Ellesmere port, CH65 9AA.

PRESENTER

Cheshire Mental Health Support Team (MHST)

TRIAGE DATES

8th December and 17th December, 09:30am to 1:30pm at Kingsley Centre.

Please be aware places are limited. This workshop is for parents only and we do not offer childcare facilities.

If you would like to attend this workshop, please use the QR code included in this flyer. Please follow the steps on the QR link to sign up to one of the triage dates. You must attend triage to be considered for the group.

www.triplep-parenting.net

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Cheshire

Mental Health Support Team (MHST)

Triple P can help you

- encourage your child's coping skills
- help your child manage their anxiety
- teach your child problem solving skills
- become confident as a parent
- take care of yourself

Who is this for?

Parents of children / teenagers (approximately 6-14 years old) who are overly anxious or fearful

If parenting a child with anxiety is affecting your life and you'd like to help your child worry less and be more confident, Fear-Less Triple P can help.

What is Fear-Less Triple P?

Fear-Less Triple P helps you set a good example of coping with anxiety, coach children to become more emotionally resilient, and develop your own toolbox of strategies. You can choose how to best support your child as they learn to manage their anxiety more effectively.

Fear-Less Triple P encourages you to use practical strategies with all family members, not just the child who seems especially anxious. In this way, the Fear-Less Triple P program helps the whole family to reduce unnecessary fear and anxiety. What can I expect from this program?

Is this your family?

Your child (aged 6 to 14 years) has anxiety that is affecting their everyday life. It may stop them, or your whole family, from doing certain activities. Your child may be worried a lot of the time. You may swing between reassuring them and telling them to face their fears. Neither of these seems to work, and their anxiety seems to increase. You may feel like you've tried everything, and possibly may be anxious yourself.

Group This comprehensive program is delivered via six, face to face sessions, all lasting two hours in duration, covering a range of strategies and exercises that will help you put your own family plans into action. You must attend a triage if you are interested in joining the program. Please sign up to a triage via the QR code below.



[NHS Parent-led CBT Intervention Registration Form - Cheshire West – Fill in form](#)