

Sutton's Education Wellbeing Service

Parent/Carer Group: Supporting your Child with Fears, Worries & Anxiety

Is your child:

- Aged between **4-10 years old?**
 - **Recently (in last 6-8 months)** started to **struggle with worry?**
 - **Avoiding** certain places, **things** or situations?
 - Finding it difficult separating from you?
- If yes, this group might be for you!**



Topics will include:

- Learning about your child's fears/worries and how they're maintained
- Strategies to support your child to face worries in manageable steps

Group Details: Groups will run across 5 weekly sessions. We ask that parents/carers attend every session.

Tuesday 16th September – Tuesday 14th October 2025
(every Tuesday), 9:30 am – 11 am



Location: The Phoenix Centre, SM6 9NZ

Please note: Spaces are limited, so we encourage you to submit your application as soon as possible if you're interested in joining!

Suitability: Our Parent/Carer group supports children with mild to moderate anxiety. We ask that Parents/Carers are not engaging with other support services to avoid families getting lots of different advice.

To sign-up & register your interest , please complete this form:

<https://forms.office.com/e/XFrbcZBfuV>

You can also complete this form by scanning this QR code →

We'll start with a screening call to make sure the group is right for you!

