

# Sutton – 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're running two groups – please see dates/times below. We ask that parents/carers attend every session.

**Monday 16<sup>th</sup> September –  
Monday 14<sup>th</sup> October  
(every Monday)  
9:30 am – 11 am**

**Wednesday 18<sup>th</sup> September –  
Wednesday 16<sup>th</sup> October  
(every Wednesday)  
9:30 am – 11 am**



**Location: The Quad,  
Carshalton, SM5 1JW**

or

**Location: Tweeddale Children's  
Centre, Carshalton, SM5 1SW**



**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/9tmKXaYZHf>

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!

