

Small changes, big differences.

NHS
Cheshire and
Wirral Partnership
NHS Foundation Trust



Group “Fear-Less Triple P” workshop

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

DATES, TIMES, AND VENUE

Part 1: Wednesday 7th August, 9:30am – 12:30

Part 2: Thursday 8th August, 9:30am – 12:30

PLEASE BE ADVISED THAT PARENTS MUST ATTEND BOTH SESSIONS OF THE COURSE.

Cheshire Education Library Service
Meeting Rooms, Woodford Park
Industrial Estate, Browning Way,
Winsford, CW7 2JN
(near to winsford recycling centre)

Please be aware that places are limited and will be allocated on a first come, first served basis. If places are not filled, the workshop may be postponed or cancelled. This workshop is for parents only and we do not offer childcare facilities. Tea and coffee will be provided, but please bring your own snacks/food if required.

If you would like to book onto the workshop, please email cwp.cheshiremhstreferrals@nhs.net to say you would like to book onto the “Northwich and Winsford Triple P summer workshop”. Please include your **name, telephone contact number, your child’s name, and the name of your child’s school.**

Small changes, big differences.



Further information on the “Fear-Less Triple P” one-day workshop

Who is this for?

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

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

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.

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.