



Helping Your Child With Fears and Worries: An Introduction to Guided Parent-Delivered Cognitive Behavioural Therapy

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Edited from materials created by Dr Monika Parkinson and Dr Kerstin Thirlwall for the PPEP Care project

Please join our coffee morning and informative workshop open to all parents and carers of children at Holy Family Catholic Primary School!

The workshop will be delivered by experienced members of the Slough Mental Health Support Team who work closely with Holy Family Catholic Primary School. We will explore:

- **An understanding of what anxiety is and how it may look in children**
- **Increased confidence to talk to children about their difficulties**
- **An understanding of what CBT for anxiety in children looks like and why parents are well placed to deliver this to their children**
- **An understanding of what you can do to best support your child**

Date, time and location: Wednesday 2nd April 2025 at 9am to 10am at Holy Family Catholic Primary School. Tea/coffee and biscuits will be provided.