



PARENTING TRAINING PROGRAMME

HELPING YOU TO SUPPORT YOUR CHILD TO MANAGE THEIR MILD TO MODERATE SYMPTOMS OF ANXIETY & LOW MOOD



Children's Wellbeing Team

The Parenting Training programme is designed for parents of children aged 5 - 11 (but can be used with older siblings too) where their child is experiencing symptoms of Anxiety, Low Mood and/or related Behaviour.

There are 6 sessions in total and attendance is required throughout.



The group will take place at: Reedings Junior School, Bullfields, Sawbridgeworth CM21 9DD

Time: 10am - 11am Dates for all sessions:

* 27th Feb

* 5th Mar

* 12th Mar

* 19th Mar

* 26th Mar

* 2nd Apr