



Mental Health  
Support Team  
Buckinghamshire



**NHS**  
Oxford Health  
NHS Foundation Trust

# HELPING YOUR CHILD WITH FEARS AND WORRIES

A COGNITIVE BEHAVIOURAL APPROACH



6-week virtual parent/carer group  
covering the following topics:

- Understanding anxiety
- Responding to anxiety
- Practical ways to manage anxiety
- Encouraging independence
- Developing a plan
- Problem solving

**SIGN UP!**

**INTERESTED?**

Simply speak to your schools  
wellbeing team to discuss a  
referral to this group

**Thursday 22nd February 2024**  
**10am - 11.30am**  
**Virtual Group (6 weeks)**

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