



Next group
September 2019
(TBC)
Apply now!

Anxiety Group

For children aged 8- 12yrs who are suffering from some level of anxiety which is impacting on their schooling, family life, self-esteem, social activities or enjoyment of life.

It made me feel good because I know I'm not the only one who gets worried.

I can't thank you all enough for the support we have received and the invaluable, priceless skills you have taught my son to help him cope with day to day life.

Themes covered include;

Getting to know each other, beginning to understand anxiety, understanding how anxiety impacts on behaviour, talking about feelings and developing coping mechanisms and relaxation strategies to manage anxiety, taking care of yourself, the importance of having fun! self-esteem and celebration!

7 Week Group
4pm-5.45pm

Next Group due to start September 2019 (dates tbc)

Venue:
The Lawns Nursery School, Windsor

**For more information or to apply for a FREE place, please contact Family Friends on 0300 800 1005
Email: info@family-friends.org.uk**

Please note that to qualify for the course you must live in the Royal Borough of Windsor and Maidenhead. Places are limited and only confirmed following an assessment visit with a facilitator.

