



Making Life Better Together



South West London and St George's Mental Health NHS Trust



# Parent/Carer Group: Supporting your Child with Fears, Worries & Anxiety



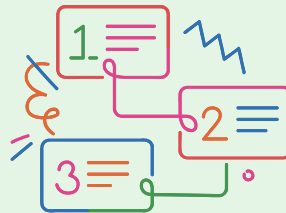
## IS YOUR CHILD:

- Aged between **4-10 years old?**
- Recently started to **struggle with worry?**
- **Avoiding** certain places, **things** or situations?
  - Finding it difficult separating from you?

**If yes, this group might be for you!**

## TOPICS WILL INCLUDE:

- Learning about your child's fears/worries and how they're maintained
- Strategies to support your child to face worries in manageable steps



## TO SIGN-UP & REGISTER YOUR INTEREST

please complete this form (click link below): [Parent Group Application](#)

You can also scan the QR code below.




## GROUP DETAILS:

Our parenting groups run over five weekly sessions. We ask that you attend all sessions. Can't attend dates below? Please sign-up to express interest to join a future online parenting group.

### DATES:

 **Friday 9th January – Friday 6th February 2026 (every Friday), 9:30 am – 11 am**

### LOCATION:

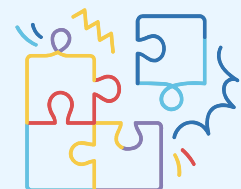
 Sutton CAMHS, East Building 2, Jubilee Health Centre, Wallington, Sutton, SM6 0HY

## SUITABILITY:

Our Parent/Carer group supports children with mild to moderate anxiety.

We ask that Parents/Carers are not engaging with other support services to avoid families getting lots of different advice.

We'll start with a screening call to make sure the group is right for you!



## SPACES ARE LIMITED!

We encourage you to submit your application as soon as possible if you're interested in joining!