



Herefordshire and Worcestershire  
Health and Care  
NHS Trust

# Helping Your Child with Fears and Worries Group

Is your child finding it difficult to leave you or sleep in their own bed? Are they worrying more? Is anxiety affecting the quality of their life?

In partnership with your school the WEST Team NHS are offering a series of four virtual sessions over six weeks lasting an hour which will cover:

Session 1 **07/05/25** 9.30-10.30am: Understanding anxiety and Goal Setting

Session 2 **14/05/25** 9.30-10.30am: Child's thoughts and rewards

Session 3 **21/05/25** 9.30-10.30am: Step by Step approach to fears and worries

Session 4 PHONECALL: Date and time **TBC**

Session 5 **04/06/25** 9.30-10.30am: Problem Solving

Session 6 PHONECALL: Date and time **TBC**

If you are interested and able to commit to these dates (Sessions 1 and 2 are essential) above, please contact your school's Mental Health lead to discuss a referral by **04/04/25**. Please also make it known to them if you have any needs or requirements which would make accessing this course easier for you. The worksheets will be emailed you prior to each session.

