

PARENT TRAINING PROGRAMME

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

The Parent 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 5 sessions in total and attendance is required throughout. To book your place please contact childrenswellbeing@hertfordshire.gov.uk or 01992 555196



The group will take place at: Oak Suite, Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG

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

*23rd April *30th April *7th May *14th May *21st May

