



My Anxious Child



Lancashire &
South Cumbria
NHS Foundation Trust

Parent Workshop

on Monday 2/02/2026, 1:30-2:30pm at Broadfield School

This workshop will cover:

- Understanding symptoms of fears and worries
 - Where worry comes from and why
 - Signs of fears and worries within your child
 - When does it become a problem?
 - What can maintain fears and worries?
 - What strategies can help support your child?
- **Focusing on how you can support your child to managing worries**



It normalised so much of what we experience with our children. It was good to share ideas and work out strategies that can help each other. We started out strangers, now we are supportive friends.

Parent who attended group 2023

"It was unexpectedly rewarding"

Parent feedback - group 2023

Following the workshop, we will be running group session for parents at school. If you can not attend the workshop but would like to attend the 6 week group, please contact

Mr Kosyl at school.

We recommend you read the book "Helping your Child with Fears and Worries: Cathy Creswell", chapter 6 & 7- prior to attending the group.

Group will run every week -
1:30-2:30pm on Monday

23/02, 2/03, 9/03, 16/03, 23/03
and 13/04

**We are
LSCft**

TALK, LISTEN, SHARE