



Parent/Carer Workshop

Helping Children Manage Worries and Anxiety

What:

FREE 6 week programme for parents/carers of children aged 5+. This programme is evidence-based and explores various parenting techniques which can be applied to support an anxious child

When:

Each Wednesday at 10 - 11:30am

Starts 10th September 2025

All 6 sessions must be attended consecutively to complete the course and benefit from the learning techniques. There is an optional Peer Support Group available to parents on week 7

Where:

At Fellowship House, Park Road,
Congleton, CW12 1DP

Book now

Email: Wellbeing@visyon.org.uk
Call: 01260 290000

Registered Charity Number 1107951
Registered company number 5250758



Visit www.visyon.org.uk, or call 01260 290000, to learn more about how our charity supports children, young people and their families with mental health & emotional wellbeing across Cheshire East