



## ASSESSMENT & EVALUATION

You will be given some questionnaires to complete before the first group session. You will also be given these questionnaires to fill in again once the group is finished, along with an evaluation sheet. By completing these assessments and evaluation sheets we can see how useful the group has been. We need to know what helped and what you particularly enjoyed. We also need to know what you didn't like or didn't find useful so that we can improve our service.

## COMMITMENT & CONFIDENTIALITY

It is essential you commit to the group and be mindful of others privacy in terms of what individuals choose to disclose.



## GROUP DATES

Session 1: 23.02.2021  
Session 2: 02.03.2021  
Session 3: 09.03.2021  
Session 5: 23.03.2021  
Session 7: 06.04.2021

## SESSION STRUCTURE

Week 1 - Virtual session  
Week 2 - Virtual session  
Week 3 - Virtual session  
Week 4 - Skills practice - No virtual session  
Week 5 - Virtual session  
Week 6 - Skills practice - No virtual session  
Week 7 - Individual phone calls from group facilitators, no virtual session

## GROUP FACILITATORS

This group will be facilitated by Catherine Roberts, Della Hall & Lauren Wheeler



# OVER - COMING FEARS & WORRIES GROUP

The Mental Health Support Team



## WHY A GROUP?

The format of the group will be very similar to the type of help you would get in individual work. We know from working with parents that it is very effective, in fact research has shown it is as effective as working with the children themselves, as you are best placed to implement change.

Groups also give you the chance to be with people your age who have similar experiences and who will understand you.

## GROUP PARTICIPANTS

- Parents/Carers of children ages 12 or under.
- All have difficulties managing their worries at home or school.



## WHAT IS ANXIETY/WORRY

Anxiety is a normal reaction that helps us deal with difficult or dangerous situations. Other words for anxiety might be **nerves**, **tension**, **fear** or **worry**.

Avoiding things that make us feel anxious is in some ways a very natural reaction. However, avoiding some situations that create anxiety results in anxiety taking control and this can lead to the development of phobias and loss of confidence. We need to learn to manage the anxiety so that it does not stop us doing things that we might otherwise enjoy.



This group is based on principles covered in this book by Cathy Creswell, which is available on Amazon or EBay for around £5 and is a very helpful aid.



## AIMS OF THE GROUP

- To learn about worry and how it makes us think, feel and behave
- To think about how worry can hold us back in life
- To see how worry can be helpful in certain situations
- To allow children/young people to share and explore their worries
- To empower children/young people to gain control over their worries
- To learn coping strategies and relaxation techniques
- To learn how to cope with setbacks and plan for the future.

## GROUP LOCATION

This group will be held virtually on Microsoft Teams. You will be emailed a link by the facilitator beforehand.