

Cognitive Behavioural Therapy (CBT) Anxiety Management Programme



A Five Week Programme for Parents of Primary School Children

This interactive, educational 5 week programme uses a very practical Cognitive Behavioural Therapeutic (CBT) approach to help parents support their children in managing their fears and anxieties. The programme also incorporates a child workshop at week 3.

In this programme we learn to:

- Understand the Dynamics of Anxiety
- Recognise Signs and Symptoms of Anxiety in Children
- Develop Coping Strategies
- Foster Resilience in Children
- Answer parents questions on how to manage challenging situations and best support their anxious child.

Facilitated By:

Kay O'Sullivan, Mental Health Nurse/CBT Therapist

Noreen Horan, Clinical Psychologist

Commencing: Killorglin FRC, Monday 20th January, 27th Jan, 3rd Feb child session, 17th Feb, 24th Feb

7pm – 8.30pm each evening.

Registration Essential. Contact Mairead O' Sullivan 087 9631935 to Book.



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