



Parent Empowerment Group

A four week online course for effectively supporting children and young people who are experiencing anxiety.

Our FREE* course covers the following topics:

- ✓ Understanding the science of emotions and anxiety;
- ✓ Using quality time to support increased resilience and wellbeing;
- ✓ Parents supporting each other;
- ✓ Steps to success, building braveness with compassion;
- ✓ Managing your child's worries;
- ✓ Creating a bridge of connection between home and school.

The course receives consistent positive feedback from participants and parents feel that the strategies have improved family life.

Please note: In order to get the best out of the course, participants need to commit to attending each week, using the tools and strategies at home, and share their experiences within a nurturing and supportive space.

Future course dates are :

Wednesday 4 th March 2026 Wednesday 11 th March 2026 Wednesday 18 th March 2026 Wednesday 25 th March 2026 From 9.30am until 11am on Teams	OR	Wednesday 22 nd April 2026 Wednesday 29 th April 2026 Wednesday 6 th May 2026 Wednesday 13 th May 2026 From 9.30am until 11am on Teams
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To register for our FREE* course, please follow the link below:

[CLICK HERE](#)

Or book, using the QR code:



* This course is funded by Mindworks Surrey for parents of children & young people living in Surrey only.