



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	OR	Wednesday 22 nd April 2026
Wednesday 11 th March 2026		Wednesday 29 th April 2026
Wednesday 18 th March 2026		Wednesday 6 th May 2026
Wednesday 25 th March 2026		Wednesday 13 th May 2026
From 9.30am until 11am on Teams		From 9.30am until 11am on Teams

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.