



BFFC parent workshops 2024-2025

BFFC's **Educational Psychology Service** and **Primary Mental Health Team** are offering the above workshops every half term (12 workshops in total). See the below details so that you can decide which is most appropriate for you and your child. You should look to attend only one of the courses.

Helping your child with fears and worries	Support for children with autism and anxiety
<ul style="list-style-type: none"> • Child is aged 5-12 years • Anxiety is the primary presenting concern in the child and the anxiety presents at home • The degree of anxiety is mild/moderate (not severe) – it is having an impact on the child's life - for example, the child is starting to avoid situations that lead to anxiety, such as social situations • The approaches in the workshop are designed to help with 'irrational' fears, for example specific phobias (dogs, school phobia etc), separation anxiety, generalised anxiety • It is not designed for children whose anxiety is due to trauma (e.g. domestic violence), PTSD, bereavement, sensory overload • Parent or child is not currently receiving any other kind of support for their anxiety (e.g. at CAMHS or the AnDY clinic). • The programme is not targeted at children with a diagnosis of autism or those with autism traits • The programme is not suitable for children who are non-verbal. 	<ul style="list-style-type: none"> • Child is aged 6-16 years • The child has been recognised as autistic, has autism 'traits' or is awaiting a diagnosis, and is experiencing anxiety • The degree of anxiety is mild/moderate (not severe) – it is having an impact on the child's life. For example, the child is starting to avoid situations that lead to anxiety, such as social situations • The approaches in the workshop are designed to help with intolerance of uncertainty and to developing coping strategies to better manage worries about the unknown • It is not designed for children whose anxiety is due to trauma (e.g. domestic violence), PTSD or bereavement • Parent or child is not currently receiving any other kind of support for their anxiety (e.g. at CAMHS or the AnDY clinic). • The programme is not suitable for children who are non-verbal

Session dates planned for 2024-2025

All sessions are free of charge.

Helping your child with fears and worries

Weds 9 October 2024 - 9.30am – 12noon
Thurs 28 November 2024 - 9.30am – 12noon
Tues 28 January 2025 - 9.30am – 12noon
Weds 19 March 2025 - 9.30am – 12noon
Thurs 15 May 2025 - 9.30am – 12noon
Tues 24 June 2025 - 9.30am – 12noon

Support for children with autism and anxiety

Thurs 17 October 2024 - 9.30am – 12noon
Weds 4 December 2024 - 9.30am – 12noon
Thurs 6 February 2025 - 9.30am – 12noon
Tues 25 March 2025 9.30am – 12noon
Weds 7 May 2025 - 9.30am – 12noon
Thurs 3 July 2025 - 9.30am – 12noon

Sessions will be via Teams. We have capacity for around 4 – 10 participants each session.

To book on a workshop please complete the booking form which you can access by clicking on the link here: <https://forms.office.com/e/4SsYxijJ6Q>

Or scan the QR code below:



Once your booking has been confirmed, you will be emailed a MS Teams link nearer the time of the session.

If you have any questions, please email wilma.williams@brighterfuturesforchildren.org.