The Overcoming Programme

Bury Community Educational Psychology Service are offering group sessions for parents to help them support their child if they are experiencing anxiety.

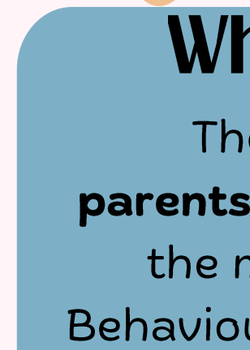


What is the overcoming programme?

The Overcoming Programme involves **6 sessions** aimed at **parents/carers of children aged between 5 and 12 years old** where the main concern is **anxiety**. The programme uses a Cognitive Behavioural Therapy (CBT) based approach to focus on changing the way adults around the child respond to anxious feelings by problem solving and creating shared goals and rewards.

8-10 other parents will be in the group with you. There will be **five 2 hour sessions, t**he first and last session will be delivered in person, and the others will be delivered online. Four weeks after the programme ends there will be a phone call to check in around how things are going.

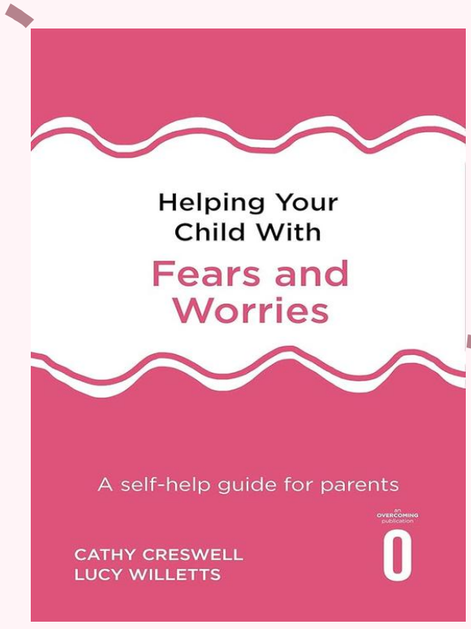
"Useful to reflect on how my parenting experience has changed as that has been the biggest change"





Evidence behind the programme

The Overcoming Programme has strong evidence behind it and is based on the book Helping Your Child with Fears and Worries (Creswell & Willetts, 2019). You will be able to read (or listen to) this book to help you as you work though the programme



Session overview

	Group 1 Tuesday DAYTIME	OR	Group 2 Monday EVENING
Session/ week number	Daytime - East Bury Family Hub or online		Evening – Higher Lane Primary School or online
Week 1	**19/01/27** (12:30-2:30 pm) IN PERSON		**18/01/27** (5-7 pm) IN PERSON
Week 2	**26/01/27** (12:30-2:30 pm) ONLINE		**25/01/27** (5-7 pm) ONLINE
Week 3	**02/02/27** (12:30-2:30 pm) ONLINE		**01/02/27** (5-7 pm) ONLINE
Week 4	**09/02/27** (12:30-2:30 pm) ONLINE		**08/02/27** (5-7 pm) ONLINE
Break	HALF-TERM		HALF-TERM
Week 5	**23/02/27** (12:30-2:30 pm) IN PERSON		**22/02/27** (5-7 pm) IN PERSON
Week 10 call	Individually organised (TBC)		Individually organised (TBC)



What to expect:

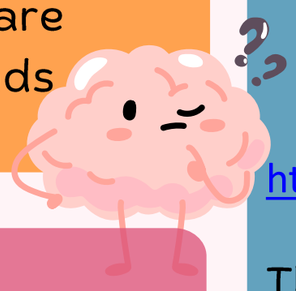
- An opportunity to meet other parents/ carers who are experiencing a similar situation and support from the group, as well as the Educational Psychology Service.
- Time to think and reflect about how you can best support your child at home and the strategies you can use to do this.
- 'Helpful things to consider' between sessions (reading/ listening to part of the book/ trying out new strategies with your child).
- Attendance at all sessions is really important. Both parents are welcome to attend, but it is important that one parent attends consistently.



How to book on?

To register your interest please complete the expression of interest form:

https://forms.cloud.microsoft/e/9fsvXJ7VuW



The CEPS team will then be in touch to complete referrals once expressions of interest are completed.

Contact Information

If you have any further questions, please contact your link CEPS team