



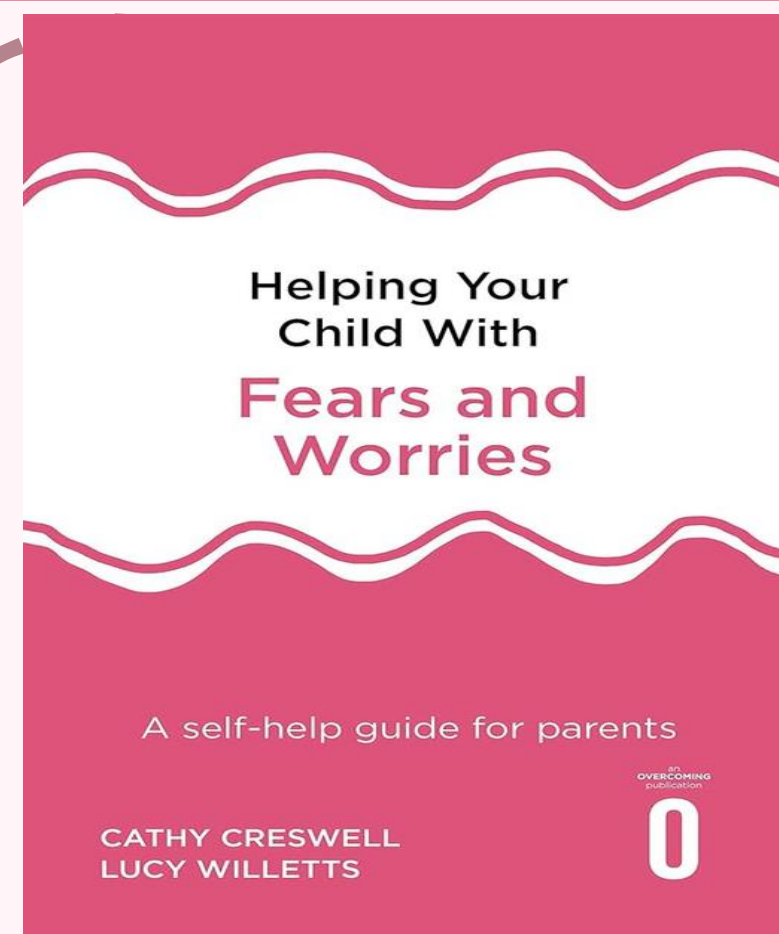
# The Overcoming Programme

Group sessions to help parents support children 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** over the six weeks.



## 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 through the programme

## When & Where?

There are 5 separate overcoming programmes running in Bury throughout the spring and summer terms (the duration of all programmes will be 6 weeks):

**Group 1:** Morning, in-person sessions, commencing in March 2026.

**Group 2:** Morning, online sessions, commencing in April 2026.

**Group 3:** Morning, featuring a combination of in-person and online sessions, commencing in April 2026.

**Group 4:** Late afternoon, Online sessions commencing in May 2026.

**Group 5:** Late afternoon sessions, featuring a combination of online and in-person sessions, commencing in May 2026.

## 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 Community Educational Psychology Service.
- Time to think about how you can best support your child at home and the strategies you can use to do this.
- 'Homework' 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

The sessions will be offered on a first come, first served basis.

If you have any further questions, please email [ceps@bury.gov.uk](mailto:ceps@bury.gov.uk), indicating your child's school, so your query can be directed to an appropriate member of the team.



## How to book on?

To book your place, please fill out the booking form using the link or QR code below:

[Overcoming Parent Programme - Expression of Interest and Referral Form \(Bury CEPS\) – Fill in form](#)

