

# Prosper

## Anxiety Education Group

**A group for parents of children and young people who experience mild-to-moderate anxiety**

### We will explore:

- What anxiety is and why it can be essential in lots of areas of our lives.
- The tasks of adolescence and why young people can be so sensitive to the symptoms of anxiety at this important stage of their development.
- What help we are able to offer as parents/carers to support our young people.
- How to cope ourselves with the fear that we are helpless at a crucial time.
- Wider options for support, and share together thoughts, feelings, and experiences, to remind us we are not alone in our parenting tasks.

### How we will run the group:

- This single 3-hour group session takes place over Zoom.
- We meet as a group in this session and review information provided by the trainer.
- We learn how to relay this information to our young people.
- The programme will be altered to reflect the needs of the parents attending, using lived experiences to help each other review coping skills and strategies.
- The group will be confidential, and we will aim to feel better skilled to support our young people when they are experiencing anxiety.

### What other parents have said about the group...

I have been better able to tolerate my own and my child's distress.

We wish we have been told this information much earlier.

We appreciated the opportunity to share with other parents how we feel, and it was a relief to learn that other parents have the same worries.

We would recommend this group to other parents.