

Hi Everyone,

We wanted to get in touch to let you know that we are running a 7-week Timid To Tiger course that you might be interested in attending. This is a group for parents who would like to know more about child **anxiety, managing worry, build their child's confidence and help their child to regulate their emotions and behaviours.**

### What is the group about?

The **'From Timid to Tiger'** programme is an evidence-based course which is grounded in research and theory. The course takes parents through a step by step approach to understanding and managing anxiety in young children.

The group is aimed at producing confident parents who know how to encourage confidence in their child, and what to do when their child is worried or afraid.



Dr. Louise Mansell and Dr. Kirsty Hughes, specialist Clinical Psychologists and Directors of Beyond Psychology, have adapted the 'Timid To Tiger' course to incorporate an understanding of a child's brain so you can help them develop emotional resilience as informed by **The Whole-Brain Child.**

### Criteria

- You live in Rochdale, Heywood or Middleton
- Your child experiences mild to moderate anxiety
- Number of strategies we suggest are verbally based, therefore children will benefit more if they have some good verbal skills
- You have previously attended the 'Understanding your child's brain to manage their behaviours' or 'Understanding and helping young children manage worry and anxiety' two-part workshop by Beyond-Psychology
- This course is **not** designed for young people with **Complex Experiences** such as **trauma, social communication difficulties or problems with attention and concentration**

Please note that places will be allocated on first come first serve basis. Please get in touch asap as this course gets booked up very quickly.

**When you express an interest in attending this course, we will need to speak to you briefly on zoom before confirming spaces on the course to ensure the course is right for you and to complete the necessary documentation. Dates of zoom sessions will be confirmed shortly.**

### Dates

This course will run weekly on the following days:

Monday 17<sup>th</sup> , 24<sup>th</sup> , 31<sup>st</sup> January

Monday 7<sup>th</sup> , 14<sup>th</sup> , 28<sup>th</sup> February

Monday 7<sup>th</sup> March

Time: 6pm – 8pm

& Review session on Monday 4<sup>th</sup> April, 6pm-7pm

*This course will be delivered online via Zoom*

Cost

This course is FREE

(Funded by NHS Heywood, Middleton & Rochdale CCG, therefore this course is intended for people living in these areas)

If you are interested in attending this 7-week course, then please email [patrycja@beyond-  
psychology.co.uk](mailto:patrycja@beyond-psychology.co.uk) with the following information:

- Your full name
- Your address
- Your phone number
- Your child's age
- Please answer the following question: Does your child have any complex needs or experiences, such as ASD, ADHD? Please note that this course is not designed for children with complex needs and experiences due to the strategies introduced during the course. We offer a 2-part workshop that is specifically designed to support parents with children with complex needs and experiences, for more information please visit [www.beyond-  
psychology.co.uk/events](http://www.beyond-<br/>psychology.co.uk/events) or email [patrycja@beyond-  
psychology.co.uk](mailto:patrycja@beyond-<br/>psychology.co.uk)