

Timid to Tiger Parenting Course

**Does your child struggle with anxiety?
Are you looking for ways to support
them?**

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-12).

It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

8-week remote courses via Zoom starting on

Mon 7th March 2022 6pm-7pm

Tue 8th March 1pm-2pm

To register your interest in one of the online parenting courses, email cwp.adminmhst@nhs.net

For more information
email us at
cwp.adminmhst@nhs.net

Helping people to be
the best they can be