

Devon Educational Psychology Service

Helping Your Child with Fears and Worries – Information for Parent Carers

The Devon Educational Psychology Service (EPS) is running group sessions which aim to reduce worrying in children and young people. The sessions can help parent carers develop skills that can be helpful in managing worries and supporting school attendance.

Programme Details

- **Duration:** Six sessions, each 90 minutes long
- **Schedule:** Delivered over seven weeks (six sessions with a one-week break)
- **Participants:** Parent carers (children do not attend).
- **Where:** Online via Microsoft Teams.
- **When:** Sessions will be held within typical school hours. We will contact parent carers with dates and times if we are able to offer you a place.
- **Start dates:** We are running groups starting in November.

Who Can Join?

We are offering sessions to parent carers of children who are concerned about their child's attendance and anxiety around school. The programme is designed for parent carers of children between 5-12 years of age, but it can be adapted for older children. The programme can be adapted for parent carers of children with SEND. We will work with you to help you get the most out of the sessions.

Spaces on the programme are limited, and we may not be able to offer everyone a place. We will be happy to talk this through with you via the contact details below.

How to Join?

To request a place, parents need to complete an online form which can be found here:

<https://forms.office.com/e/w13eSAg9a9>

For more details or questions, contact the educational psychology service using this email address:

educate.assistededucationalpsychologist-mailbox@devon.gov.uk

We are accepting requests until 23rd October.

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