

# From Timid to Tiger....

For parents/carers of primary school aged children who are experiencing anxiety, fears and worries.

## What is 'From Timid to Tiger'?

The Timid to Tiger Programme is an 8-week course that will give you the skills to help your child manage their anxieties. It is an evidence-based intervention that has shown significant improvements on completion.

The content includes understanding the science behind anxiety, parental modelling of anxiety, how to safely expose your child to their anxiety triggers, and how to support your child to develop in confidence using techniques such as special play and rewards.

## Who is the Programme for?

From Timid to Tiger is for parents/carers of primary school aged children (5-11 years).

## Programme Dates/Times/Venue:

The group will take place on MS Teams at 09:30am-11:30am on:  
**Thurs 06/06/24, Thurs 13/06/24, Thurs 20/06/24, Thurs 27/06/24,  
Thurs 04/07/24, Thurs 11/07/24, Thurs 18/07/24 and Weds 24/07/24.**

## How can parents sign up?

To sign up to the group, parents will need to drop in to **one** of two triage sessions where they will speak to a practitioner. The triage session will be held at St Joseph's Catholic Primary School. The first session will be on **Wednesday 22/05/24 9.30am-11.30am**, and the second session will be on **Thursday 23/05/24 9.30am-11.30am**.

An 8-week group which provides parents/carers with simple cognitive behavioural techniques for helping their children to manage their worries and fears

Helping people to be  
**the best they can be**