

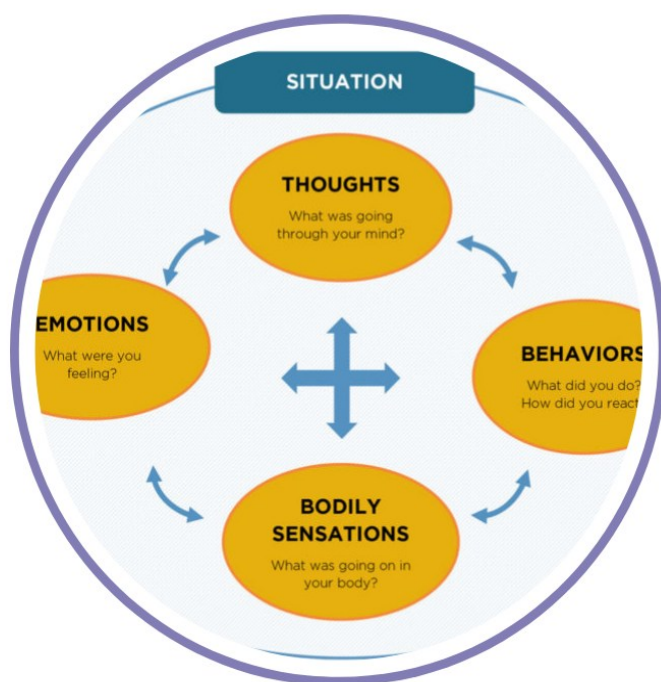
No Worries

No Worries is a practical resource to reduce anxiety in primary and secondary children aged between 7-16 years, through fun and experiential learning opportunities.

The programme uses **Cognitive Behaviour Therapy (CBT)** and consists of 1½ days training delivered by the Shropshire Council Educational Psychology Service, together with an accompanying manual.

What will the training cover?

- Establishing the No Worries group.
- The principles of CBT
- Relaxation techniques
- Helpful versus unhelpful thoughts and how to challenge these.
- Achieving shared goals and planning for success.
- Identifying support systems



JOIN NOW

DATES:

WEDNESDAY 28TH JANUARY 2026, 9.30 - 12.30 PM
WEDNESDAY 4TH FEBRUARY 2026, 9.30 - 3.30 PM

BOOKING:

eps@shropshire.gov.uk
OR 01743 258414

VENUE:

BARNABAS COMMUNITY CHURCH,
SHREWSBURY, SY3 7DN

COST:

£300 PER DELEGATE