SHROPSHIRE EPS
APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

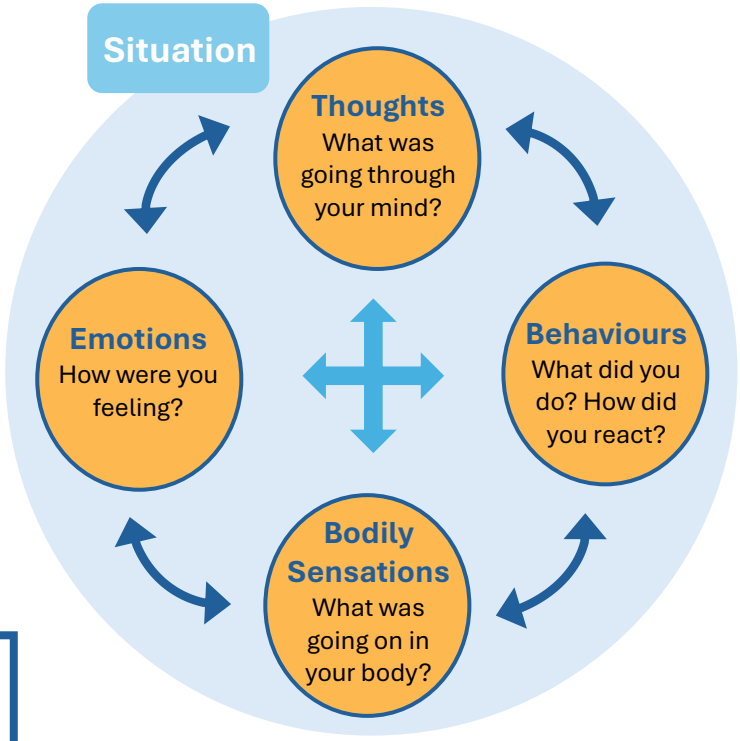
No Worries

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

The programme uses **Cognitive Behaviour Therapy (CBT)** and includes 1.5 days training delivered by the Shropshire Council Educational Psychology Service, supported by an accompanying manual.

What will the training cover?

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



Training Dates

Wednesday 20th January 2027, 9.30-12.30
Wednesday 27th January 2027, 9.30-3.30

Venue

Barnabas Community Church,
Shrewsbury, SY3 7DN

Cost

£300 per delegate

To book, please email
eps@shropshire.gov.uk

Shropshire Educational Psychology Service

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Shropshire Council