

Understanding and Responding to Children's Anxiety - Parent Support Group

Based on Breaking Free of Child Anxiety and OCD by Eli R. Lebowitz

Facilitated by the Tauranga Moana RTLB Service at Matua School.

These sessions are designed to support parents and caregivers of children who experience anxiety. Rather than focusing on the child directly, the sessions help adults reduce accommodations (well-meaning behaviours that may maintain anxiety) and increase supportive responses that empower children to face their worries and fears. It is evidence-based and has been shown to improve outcomes for children with a range of anxiety-related challenges.

Who is this for?

These sessions are open to any parent or caregiver of a child attending Matua School. Children do not attend the sessions — this is a parent-focused programme. We aim to create a safe and inclusive space for all families, and we welcome diverse perspectives and experiences.

What to expect

- A supportive group environment with approximately six to eight caregivers and two facilitators.
- **6 sessions (approx. 90 minutes each) held weekly at Matua School on Friday mornings. The first session will be held on Friday 28th August 9:30-11:30am (subject to numbers).**
- Practical tools and strategies to help reduce your child's anxiety.
- Printed and digital resources to use in the session and at home.
- Opportunities for group discussion and reflection.

Confidentiality

This programme is facilitated by Educational Psychologists working under the ethical guidelines of the New Zealand Psychologists Board. This means:

- Your privacy and dignity will be respected at all times.
- What is shared in the group stays in the group. All participants are expected to maintain each other's confidentiality. Facilitators will only share information if there's a concern about someone's safety.
- Taking part in the sessions is entirely voluntary. It's okay to attend one session to see if it's right for you, and there is no obligation to share personal information. There will be no individual follow-up or clinical reports generated from this group.

Next steps

If you are interested in participating, please confirm with Angela Barlow DP/LSC to reserve your place. If you have any questions, please contact Angela in the first instance at

angelab@matua.school.nz