



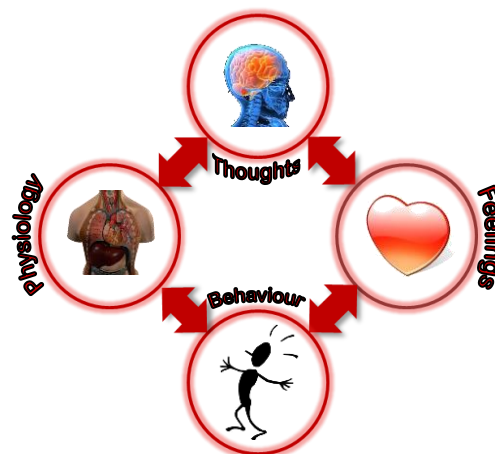
# No Worries

**No Worries** is a practical resource designed to reduce anxiety in young people aged 11 years and upwards.

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

The training will prepare delegates to run groups for between 6-8 young people, covering:

- Establishing the group.
- Signs and signals.
- Relaxation.
- Helpful versus unhelpful thoughts.
- Challenging unhelpful thoughts.
- Achieving your goal.
- Planning for success.
- You are not on your own.



This practical resource is designed to provide fun and experiential learning opportunities.

The next course of training will commence in February 2025 at a cost of £280 per delegate.

## Training Dates:

Monday 3<sup>rd</sup> February 2025      9.30 - 12.30 pm  
Monday 10<sup>th</sup> February 2025      9.30 - 3.30 pm

## Venue:

Barnabas Community Church, Longden Coleham, Shrewsbury SY3 7DN

To book a place, please complete the No Worries booking form and return to [eps@shropshire.gov.uk](mailto:eps@shropshire.gov.uk)

For enquiries, please contact [eps@shropshire.gov.uk](mailto:eps@shropshire.gov.uk) or 01743 258414