

# PARENT THERAPY GROUP FOR ANXIOUS CHILDREN

SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD  
EMOTIONS (SPACE)

*Recognise any of the below?*

*'We are already late'*

*'I dont know how to help them'*

*'Yes I checked the doors'*

*'They won't be coming in today'*

*'They didn't want to go to the party, again'*

*'You will be ok'*

*'They always need me by their side'*

*Get the tools & guidance you need to  
confidently manage your child's anxiety.*

Website: [www.lhtherapeuticservices.co.uk](http://www.lhtherapeuticservices.co.uk)

Contact: [luisa@lhtherapeuticservices.co.uk](mailto:luisa@lhtherapeuticservices.co.uk)



# Do you have a child struggling with symptoms of anxiety and/or OCD?

Are you confused on how to help them in the most effective way? Do you feel no matter what you do, their anxiety does not improve?

***You are not alone.***

Join other parents in similar situations to your own for our next 6 week SPACE Therapy Group. In this group you will be empowered to support your child's anxiety by going through a structured, evidence-based, practical, small group treatment program. This program can be the crucial element to a child's anxiety being better managed, without them needing to directly participate in therapy themselves.

If your child attends their own therapy, this will supplement their work.

If your child is struggling with any type of anxiety symptoms, including constant worry, social fears, separation anxiety, Obsessive Compulsive Disorder or health worries...you will walk away equipped with:

- a better understanding of how to support your child
- tools to communicate better with your child
- how to help your child break the cycle of their anxiety
- practical strategies on how to manage those big anxiety moments
- and much more...

**6 WEEKS, WEDNESDAYS STARTING 5<sup>TH</sup> NOVEMBER**

9.30-11am, Held Online

## **More Info, Questions & Registration**

**Email** [luisa@lhtherapeuticservices.co.uk](mailto:luisa@lhtherapeuticservices.co.uk) for a pre-therapy group assessment to check this is suitable for your family.

**Cost:** £50 deposit, £250 thereafter (instalment plans available). Includes intake assessment, 6 week program, and resources for BOTH parents.



## GROUP FACILITATOR

**Luisa Harris**

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COUNSELLOR & PSYCHOTHERAPIST FOR CHILDREN AND  
YOUNG PEOPLE,  
LH THERAPEUTIC SERVICES FOR CHILDREN AND FAMILIES  
(Facilitator Support from other Therapists in the team also)

## FAQ'S

***What is SPACE?*** - SPACE (Supportive Parenting for Anxious Childhood Emotions) is an evidence-based, parent-focused intervention developed at the Yale Child Study Center by Dr. Eli Lebowitz and colleagues. Unlike traditional child therapy, SPACE works directly with parents and caregivers – not with the child – to address anxiety, OCD, and related difficulties in children and adolescents (ages 5-18). Many studies have proven its effectiveness.

***What does the cost include?*** - This SPACE group allows for parents to access support in a more affordable way (1-1 SPACE cost a minimum of £600 ). 6 x 1.5 hour sessions, support from Psychotherapists throughout the program, materials needed for SPACE, and an intake assessment. One £300 fee is also for 2 parents to attend if applicable.

***What if I cannot make some of the sessions?*** - We do not offer refunds in this scenario, however written materials will be provided to allow for families to keep up to date with sessions. Top up 1-1 sessions are also available and recommended in this instance for an extra fee.

***Is this program right for me and my family?*** - If your child is aged 5-18, experiences symptoms of anxiety and you want to actively support them, it is likely the right program for you. However the intake assessment confirms this and suggests alternative support if appropriate also.

## READY TO MAKE CHANGES?

Email [luisa@lhtherapeuticservices.co.uk](mailto:luisa@lhtherapeuticservices.co.uk) TODAY. LIMITED SPACES AVAILABLE.