

# Timid to Tiger Parenting Course

**Does your child struggle with anxiety?  
Are you looking for ways to support  
them?**

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-12).

It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

8-week remote courses via Zoom starting on

**Mon 7<sup>th</sup> March 2022 6pm-7pm**

**Tue 8<sup>th</sup> March 1pm-2pm**

To register your interest in one of the online parenting courses, email [cwp.adminmhst@nhs.net](mailto:cwp.adminmhst@nhs.net)

For more information  
email us at  
[cwp.adminmhst@nhs.net](mailto:cwp.adminmhst@nhs.net)

Helping people to be  
**the best they can be**