

**POINT – 1**  
**EMOTIONAL WELLBEING FOR CHILDREN AND YOUNG PEOPLE**

**ORMISTON  
FAMILIES**

Young lives matter

presents  
the

**map**  
for young people finding their way  
Norfolk and Suffolk **NHS**  
NHS Foundation Trust

**A.C.T. GROUP**  
**for anxiety management**

A five week group for children (**aged 7-11**) to help them overcome anxiety issues, panic attacks, worries, fears, phobias and avoidance behaviours.

Based on the evidence-based 'Acceptance and Commitment Therapy' (ACT) approach.

**Children and parent(s) will attend together** and each session will include workshops for parents and children together, as well as separate child group and parent group workshops. We understand you may feel nervous about attending the group, but please be assured everyone will be experiencing similar concerns and will receive support from experienced anxiety group coordinators,

Parents and children will need to attend a 45 minute pre-assessment beforehand. This will enable us to ensure the group is suitable for your needs. For info please call Point 1 on 01603 880307

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emotional wellbeing  
for children and young people

