



SPACE PROGRAM

(Supportive Parenting for Anxious Childhood Emotions)

BACKGROUND:

The SPACE program was developed at the [Yale University Child Study Centre and Tel Aviv University using Cognitive Behaviour Therapy \(CBT\) ideas](#). In this research into studies including the parents of children with various anxiety disorders, parents reported significantly less anxiety symptoms in their children after participation in the SPACE program.

INFORMATION ABOUT THE GROUP:

- [Parents participate to help their child to better manage their anxiety](#) and to prepare them for the future stressors they will face.
- [Primary target is treating the child's anxiety](#) & their ability to manage it.
- The [course will likely improve parents' well-being & sense of competence to support their children](#) as well as freeing them from the need to accommodate to the child's fear.
- [Guiding principles of the program](#) are [recognition of worries](#) experienced by both child and parents [and the belief that they can overcome this](#) which leads to improved coping for the child.

DETAILS OF THE WINTER PROGRAM:

- Location: [Online via Microsoft Teams](#)
- Duration: [8 weekly sessions](#)
- Dates: [17nd Jan 2025 to 14th March 2025 \(no session on 21.2.25 due to half-term\)](#)
- Timing: [On Fridays between 10am to 12 pm](#)

Please discuss with your MHST worker if you have any further queries or potential referrals.