

Williamwood

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High School

Support Groups

# Anxiety Management

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- Separate group for each year group.
- Uses cognitive behaviour therapy (CBT) to help develop strategies to manage stress/anxiety.
- Non-therapeutic- you will not be asked to share your experiences.
- You will be encouraged to think about your current actions and aim to make changes to how you act.

# Growth Mindset

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- What is growth mindset? It's when we believe our talents can be developed through effort, using healthy strategies and considering input from others.
- What is the purpose of this group? Supporting young people with a growth mindset to believe that growth is limitless and they challenge themselves daily to use obstacles as a stepping stone for further progress.
- What's involved? This group will meet for one period every week and run for six weeks. A variety of resources will help young people explore growth mindset themes through ice breakers, group work and other creative and dynamic ways including, art, music and film.

# ASC

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- ASC  
The group is a safe, welcoming space for young people with ASC to discuss their experiences and explore issues with a view to fostering positive social interactions, emotional wellbeing, confidence and friendships.
- A community worker leads the group and ensures that the approach responds directly to the needs of those participating.

# Let's Introduce Anxiety Management (LIAM)

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- An 8-10 week programme which aims to allow young people to develop anxiety management strategies.
- You will consider current behaviour and aim to find more successful ways of coping.
- Will be delivered one-to-one with PTPS.

# Group Sessions

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- Anxiety Management
- Growth Mindset
- ASC Group

*All group sessions will take place in the hub which is located in pupil support, towards the music corridor.*

# Individual support

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- LIAM (Lets Introduce Anxiety Management

*These sessions will take place in a private place with your pupil support teacher. These sessions are extremely limited as pupil support teacher can only take one person at a time.*

# Who will take the support sessions

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- All sessions will be taken by someone from the pupil support team and one other member of staff.
- They will happen once a week over a 6 week period (longer for LIAM).
- An evaluation will be taken at the end of your block to see if you found it beneficial.
- All information is confidential



# How to sign up



- Complete the Microsoft Form from the link below, or by using the QR code:

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<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKayf8QisLSFHnHNJzl-gCRhUREhFWEs3OVAxOEVBR1RIVUJEOM2SVJNSS4u>

- Parents will also be able to sign you up by emailing the school:  
[schoolmail@williamwood.e-renfrew.sch.uk](mailto:schoolmail@williamwood.e-renfrew.sch.uk)

**Please make sure you and discussed this with your child and your child has agreed to partake in a group.**