

**Clinical Psychology
Group workshops**

Tree of Life group

A strengths, confidence building and problem solving day for young people with health conditions. It provides individuals with the opportunity to make connections with others, learn, share and develop new tips, as well as exploring strengths (ages 11-16).

Parent Strategies Workshop

Takes a collaborative approach to learning strategies to manage issues faced by parents of children with health conditions. Parents learn from professionals and from each other and hopefully gain confidence in implementing skills to boost their child's self-esteem and manage behaviour.

Siblings Workshop

Designed for siblings of young people with chronic health conditions. It provides an opportunity to share experiences with other siblings, as well as talk about different conditions, emotions and changes that can happen for different family members (ages 6-18).

Visible Difference Workshop

Developed to support young people with a visible difference to build self-esteem and confidence, to help talk about appearance or condition, to manage their responses to others or comments made, to share experiences with others and to build friendships (ages 10-17).



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Neuro Parent Drop In sessions and workshops

Monthly drop-in coffee morning for parents of children with a neurological difficulty. There are additional workshops on specific topics e.g. memory, attention. It's an opportunity for parents and carers to share experiences and discuss cognitive strategies and practical tools.

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For more information about Clinical Psychology support, please contact:

Dr Anna Kearney
Dr Katie Piggott

Psychological Services,
Building No. 1, Retained Estate
Eaton Road,
Liverpool L12 2AP
Phone: 0151 252 5586



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