

Supporting young people's mental health

Parent/Carer workshops January – February 2023

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

9 January 2023 – 13:00 [Book a place](#)

9 January 2023 – 18:00 [Book a place](#)

Supporting our Young People to Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions.

10th January 2023 – 18:00 [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

10th January 2023 – 19:15 [Book a place](#)

Supporting our Young People with OCD

'This workshop is for parents of school aged children to help them understand 'Obsessive Compulsive Disorder' (OCD) better

6th February 2023 – 13:00 [Book a place](#)

6th February 2023 – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

7th February 2023 – 18:00 [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

7th February 2023 – 19:15 [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT

