

Supporting Young People's Mental Health

Parent/Carer workshops June – July 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.

Building Resilience: Managing the Next Steps

For parents/carers to learn strategies they can teach their children for managing difficult thoughts, feelings and situations

19th June 2023 – 13:00 [Book a place](#)

19th June 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

20th June 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

20th June 2023 – 19:15 [Book a place](#)

Supporting our Young People with Eating Difficulties

A workshop for parents to help them look out for and understand what to do if their child is struggling with eating

17th July 2023 – 13:00 [Book a place](#)

17th July 2023 – 18:00 [Book a place](#)

Supporting our Young People with Sleep (11+ years)

For parents/carers to learn about the importance of sleep and strategies they can teach their young people to support better sleep

18th July 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

18th July 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

