

Supporting young people's mental health

Parent/Carer workshops March 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 Manage Big Feelings

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

6 March – 13:00 [Book a place](#)

Supporting Your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies.

6 March – 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

7th March – 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 March – 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

