

Supporting Young People's Mental Health Parent/Carer Workshops Summer Term 2025



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 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsf.uk/workshops>.



Building Confidence and Managing Anxiety in Your Child - Parts 1 and 2

For parents/carers of children aged under 12. This two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. The webinars provide additional strategies and aim to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children.

Part 1: Thurs 24th April 18:00 - [BOOK HERE](#) (Please also book Part 2)

Part 2: Thurs 1st May 18:00 - [BOOK HERE](#) (Please also book Part 1)

Supporting Your Child/Young Person with Emotion Based School Avoidance

For parents/carers of school aged children. Many children/young people experience challenges during education. Emotion Based School Avoidance or EBSA is where children and young people find it difficult to attend school due to emotional factors. This session explores what Emotion Based School Avoidance (EBSA) is and considers effective strategies for breaking the cycle of EBSA and supporting your child/young person attend school.

Wed 30th April 13:00 - [BOOK HERE](#)

Supporting Your Child/Adolescent with Anxiety

Aimed at parents of children aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Thurs 1st May 13:00 - [BOOK HERE](#)

Supporting your Child (under 13) to Manage their Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed. **Tues 20th May 13:00 - [BOOK HERE](#)**

Understanding the Adolescent Brain: Supporting our Teenagers with Emotions

This session explores adolescence brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We also explore what we can do to strengthen our relationships with our young people and support them through this period of development. **Thurs 22nd May 12:00 - [BOOK HERE](#)**

Supporting Your Child with Bereavement

This workshop explores what grief is and some different ideas to understand grief. It also looks at different ways in which parents/carers can support their children when they are dealing with grief.

Mon 23rd June 12:00 - [BOOK HERE](#)

Tools for Managing Uncertainty and Building Resilience

This workshop introduces strategies that parents/carers can support their children to use to help them cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life. **Tues 24th June 12:00 - [BOOK HERE](#)**

Parenting the Anxious Adolescent – Parts 1 and 2

For parents/carers of children/teenagers aged 12 and above. This two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. The webinars provide additional strategies and aim to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their teenager with anxiety.

Part 1: Thurs 26th June 18:00 - [BOOK HERE](#) (Please also book Part 2)

Part 2: Thurs 3rd July 18:00 - [BOOK HERE](#) (Please also book Part 1)

Building Resilience: Managing the Next Steps

This workshop explores what resilience is and why it is important for our children. The session will focus on five key components to wellbeing and resilience and think about how we can practically support our children in each of these five areas. The session will pay particular attention to the approaching summer holidays and the opportunities this offers.

Wed 9th July 13:00 - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – Parts 1 and 2

For parents/carers of children aged under 12. This two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. The webinars provide additional strategies and aim to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children.

Part 1: Thurs 21st August 18:00 - [BOOK HERE](#) (Please also book Part 2)

Part 2: Thurs 28th August 18:00 - [BOOK HERE](#) (Please also book Part 1)

Working together for better mental health