

## 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.

#### Supporting your Child to Manage their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

**Tuesday 20<sup>th</sup> May 13:00 PM - [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 will also explore what we can do to strengthen our relationships with our young people and support them through this period of development.

**Thursday 22<sup>nd</sup> May 12:00 PM - [BOOK HERE](#)**

#### Supporting Your Child with Bereavement

In this workshop delivered by Clinicians experienced in working with young people, we will explore what grief is and some different ideas to understand grief. It will also look at different ways in which parents/carers can support our children and young people when they are dealing with grief.

**Monday 23<sup>rd</sup> June 12:00 PM - [BOOK HERE](#)**

#### Tools for Managing Worry and Uncertainty in Young People

This workshop introduces strategies that parents/carers can support their young people 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. **Tuesday 24<sup>th</sup> June 12:00 PM - [BOOK HERE](#)**

## **Parenting and Anxious Adolescent – Part 1**

For parents/carers of children and adolescents who are aged 12 and above. This is the first part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety.

**Thursday 26<sup>th</sup> June 18:00 PM - [BOOK HERE](#)**

## **Parenting and Anxious Adolescent – Part 2**

This workshop is for parents and carers of children and adolescents aged 12 and above, who have attended or viewed a recording of the Psychology in Schools Team anxiety workshop “Supporting our Young People with Anxiety” and attended the “Parenting the Anxious Adolescent – Part 1. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people.

**Thursday 3<sup>rd</sup> July 18:00 PM - [BOOK HERE](#)**

## **Managing changes and transitions as we enter the summer holidays**

In this workshop we will explore why change can be so challenging for our children/young people. The session will focus on five key components to wellbeing and think about how we can practically support in each of these five areas. The session will pay particular attention to the approaching summer holidays and the opportunities this offers as well as thinking about the transition to the new school year.

**Wednesday 9<sup>th</sup> July 13:00 PM - [BOOK HERE](#)**

## **Building Confidence and Managing Anxiety in Your Child – Part 1**

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

**Thursday 21<sup>st</sup> August 18:00 PM - [BOOK HERE](#)**

## **Building Confidence and Managing Anxiety in Your Child – Part 2**

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

**Thursday 28<sup>th</sup> August 18:00 PM – [BOOK HERE](#)**

**Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>**



**Working together for better mental health**