

Supporting young people's mental health Parent/carer workshops April - July 2022

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-minutes long and will be recorded so anyone unable to attend can watch the workshop.

How to talk to your children about the war in Ukraine

25 April – 18:00. [Book a place](#)

Supporting young people with anxiety

26 April - 18:00. [Book a place](#)

24 May – 19:15. [Book a place](#)

21 June – 19:15. [Book a place](#)

Supporting our young people to manage uncertainty

24 May – 18:00. [Book a place](#)

Supporting our children / adolescents with sleep (11+ years of age)

21 June – 18:00. [Book a place](#)

Supporting young people with low mood

26 April – 19:15. [Book a place](#)

Building understanding and supporting your child with Tourette's / Tics

20 June – 13:00. [Book a place](#)

20 June – 18:00. [Book a place](#)

Supporting your child to attend or get back to school

23 May – 13:00. [Book a place](#)

23 May – 18:00. [Book a place](#)

Building resilience: Managing the next steps

4 July - 18:00. [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

