

## Supporting young people's mental health Parent/carer workshops September - October 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 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

26 September - 13:00. [Book a place](#)

26 September - 18:00 [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

27 September - 18:00. [Book a place](#)

### **Supporting our Young People with Anxiety**

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

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

### **Supporting our Young People with Challenging Behaviour**

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

### **Supporting our Young People Manage Uncertainty**

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 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

18 October - 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](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT**

