

Supporting young people's mental health

Parent/Carer workshops April – May 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.

Emotional Regulation

Supporting your child to regulate their emotions

17th April 2023 – 13:00 [Book a place](#)

17th April 2023 – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

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

18th April 2023 – 18:00 [Book a place](#)

Supporting our Young People with Self-Harm

A workshop to offer guidance for parents around self-harm and young people

18th April 2023 – 19:15 [Book a place](#)

Supporting our Young People Manage Big Feelings

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

15th May 2023 – 13:00 [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

15th May 2023 – 18:00 [Book a place](#)

Building Understanding and Supporting your Child with Tourette's/Tics

This workshop is delivered by clinicians experienced in working with young people with Tourette's/Tic Disorder

16th May 2023 – 18:00 [Book a place](#)

Social Media and Impact on Teenagers' Mental Health

The impact on our teenagers' mental health

16th May 2023 – 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

