

## Supporting Young People's Mental Health

Parent/Carer Workshops: April to July 2024



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 to 75 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit [www.nsft.uk/workshops](http://www.nsft.uk/workshops).



### Supporting our Young People with Anxiety

This workshop helps parents to better understand anxiety. It covers what is anxiety, why anxiety, how it effects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

**Tuesday 25<sup>th</sup> June 13:00 PM - [BOOK HERE](#)**

### Parenting the Anxious Adolescent (two-part workshop)

For parents of children aged 12-18. This two-part workshop is for parents who have seen the "Supporting our young people with anxiety" workshop. It gives parents the practical tools to support their teenage with anxiety.

Please sign up to both parts of the workshop to gain access to all available content.

**Part 1: Thursday 13<sup>th</sup> June 18:00 PM - [BOOK HERE](#)**

**Part 2: Thursday 20<sup>th</sup> June 18:00 PM - [BOOK HERE](#)**

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## Getting the Best Out of your Relationships with Your Child

The way we communicate with our children and teenagers can have a big impact on our relationships with them. This workshop provides practical advice on communicating with our children. It is especially helpful if you feel that communication with your child/teen can be explosive or you are struggling in your relationship, and you notice your child is low in mood.

**Tuesday 25<sup>th</sup> June 18:00 PM - [BOOK HERE](#)**

## Supporting your Child to Regulate their Emotions

This workshop introduces emotion dysregulation and explores what can impact on a child's ability to regulate their emotions. It goes on to provide the practical tools to support your child to develop self-regulation skills.

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

## Workshop recording

We want to highlight that a recording is available of the following workshop, as we thought it might be useful with exams and school/class transitions on the horizon.

### Building Resilience – Managing the Next Steps

This workshop explores what resilience is and why it is important for our children. The first part of this workshop focuses on five key components to wellbeing and resilience and suggests practical support for our children in each of these five areas. By strengthening resilience, children are more able to cope with the challenges in life, including change and transitions. Part two looks more closely at transitions, and how to support children to build the skills to manage transitions, as well as discussing practical considerations when preparing your child for a transition. It pays particular attention on how to support your child through holiday periods.

**View recordings of this two-part workshop: [www.nsft.nhs.uk/parent-workshops/#Resilience](http://www.nsft.nhs.uk/parent-workshops/#Resilience)**

Scan the QR code to find out more and book a place on a workshop or visit [www.nsft.uk/workshops](http://www.nsft.uk/workshops)



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