

## Supporting Young People's Mental Health Parent/Carer Workshops Autumn Term 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 60-75 minutes long.

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



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

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 19<sup>th</sup> September 18:00 PM - [BOOK HERE](#)**

**Part 2: Wednesday 25<sup>th</sup> September 18:00 PM - [BOOK HERE](#)**

### **Supporting our Child or Adolescent with Sleep**

Difficulties with sleep are common in children and adolescents. Sleep difficulties are not only frustrating, but they can impact on our mood and everyday life. This workshop will cover important topics such as why we need sleep, why teenagers may struggle more with this, and what you can do to try and support your child to have a better night's sleep.

**Tuesday 24<sup>th</sup> September 18:00 PM - [BOOK HERE](#)**

# Supporting Young People's Mental Health

## Parent/Carer Workshops Spring Term 2024

### Supporting your Child to Manage Anxiety and Big Feelings

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

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

**Wednesday 20<sup>th</sup> November 16:00PM - [BOOK HERE](#)**

### Supporting your Child/Adolescent 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 22<sup>nd</sup> October 18:00 PM - [BOOK HERE](#)**

### Supporting your Child/Adolescent with Anxiety

Aimed at parents of children aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

**Wednesday 23<sup>rd</sup> October 16:00 PM - [BOOK HERE](#)**

**Wednesday 18<sup>th</sup> December 16:00 PM - [BOOK HERE](#)**

### Supporting Your Child or Adolescent with Low Mood

This workshop will help you to have a better understanding of why your child may be more vulnerable to low mood during adolescence, the warning signs, and provide the tools to support your child.

**Tuesday 26<sup>th</sup> March 13:00 PM - [BOOK HERE](#)**

### Building Confidence and Managing Anxiety in Your Child – (two-part workshop)

This workshop is for parents of children under 12 who have attended or viewed a recording of the Psychology in Schools Team anxiety workshop "Supporting our Young People with Anxiety" and/or "Managing Big Feelings". This two-part webinar will provide additional strategies and aims to further develop understanding of anxiety, so that parents feel more confident in supporting their young people.

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

**Part 1: Thursday 21<sup>st</sup> November 18:00 PM - [BOOK HERE](#)**

**Part 2: Thursday 28<sup>th</sup> November 18:00 PM - [BOOK HERE](#)**

**Working together for better mental health**

## Supporting Children/Adolescents with Eating Difficulties

The workshop explores eating difficulties in children, it has a particular focus on children who may be restricting their eating due to concerns about their body image. The workshop describes how food can be used as a way of coping when stressed. Advice is provided on what a parent/carer can do to help and outlines the warning signs that a should get professional/additional support. Additional support services that parents can reach out to will be provided.

Tuesday 17<sup>th</sup> December 16:00 PM - [BOOK HERE](#)



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**Working together for better mental health**