

Supporting Young People's Mental Health

Parent/Carer Workshops September – December 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 60 minutes long.

Childhood Neurodiversity: Understanding and Managing Behaviour

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them – this workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

Thursday 7th September 13:00 PM – [BOOK HERE](#)

Supporting our Young People with Anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects 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 26th September 13:00 PM - [BOOK HERE](#)

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Supporting your Child to Regulate their Emotions

This workshop will introduce what emotion dysregulation is and explore what things can impact on a child's ability to regulate their emotions. It will then focus on what you can do to support your young person and introduce you to some key self-regulation skills.

Tuesday 26th September 17:00 PM - [BOOK HERE](#)

Supporting our Young People with Self-Harm

Knowing your young person is finding things difficult and engaging in self-harm can be frightening and confusing for parents. This workshop aims to develop parents' understanding of self-harm and will cover: What is self-harm?, Why does self-harm happen?, and What can I do to help?.

Tuesday 17th October 13:00 PM - [BOOK HERE](#)

Supporting our Young People Manage Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.

Tuesday 17th October 17:00PM - [BOOK HERE](#)

Supporting our Young People with Anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects 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 21st November 13:00 PM - [BOOK HERE](#)

Supporting our Young People with Low Mood

This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person.

Tuesday 21st November 18:00 PM - [BOOK HERE](#)

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Supporting our Young People with Challenging Behaviours

In this workshop we will explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.

Tuesday 12th December 13:00 PM - [BOOK HERE](#)

Supporting our Young People Manage Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.

Tuesday 12th December 17:00 PM - [BOOK HERE](#)

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



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Childhood Neurodiversity PST Workshop Programme

Parent/Carer Workshops 2023 – 2024

Future workshops dates TBC:

Childhood neurodiversity: The impact of early life stress on child development

Childhood neurodiversity: Understanding and supporting sensory processing difficulties

Childhood neurodiversity: Understanding and supporting eating difficulties

Childhood neurodiversity: Understanding and supporting communication difficulties

Childhood neurodiversity: Supporting children with planning, organising and remembering

Childhood neurodiversity: Understanding and supporting sleep difficulties

Childhood neurodiversity: The benefits and problems with using technology

Childhood neurodiversity: Supporting social relationships

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