

MENTAL HEALTH SUPPORT TEAM (MHST)

PARENT/CARER SUMMER WORKSHOPS

Supporting my child with transition into secondary school
(Primary)

Sleep Hygiene
(All ages)

Connecting with my teenager
(Secondary)

Understanding my child's anxiety
(Primary)

Understanding my child's anxiety
(Secondary)

Each workshop will be delivered face to face and online.

If you are interested in signing up to any of these workshops, please scan the QR code below for more information or follow the link.



Please complete the sign-up form by the **Friday 4th July** to confirm your attendance.

Please note we require a minimum of 5 attendees to sign up in order to offer the workshop.

Supporting my child with transition into secondary school

Transitioning to a new school can be challenging and stressful for young people. This workshop will support parents/carers in understanding that these worries are both common and healthy. We will be looking at coping techniques and strategies to help manage these worries.

Understanding my child's anxiety (Secondary aged children)

In this session we will look at what anxiety is, where it comes from and the causes for young people. We will look at identifying early warning signs of anxiety and looking at different coping strategies and techniques to help manage anxiety.

Connecting with my teenager

In this workshop we will be exploring the challenges many parents face when connecting with their teenagers. We will explore the difficulties teenagers face, the different ways that you can communicate with them and the importance of self-care.

Sleep Hygiene

Sleep can have an impact on a young person's mood, behaviour, concentration levels and general health. In this workshop we will be exploring the impact of lack of sleep and strategies parents can implement to support this.

Understanding my child's anxiety (Primary aged children)

In this session we will look at what anxiety is, where it comes from and the causes for young people. We will look at identifying early warning signs of anxiety and looking at different coping strategies and techniques to help manage anxiety.

We will also be exploring the avoidance cycle and how as parents we can sometimes unhelpfully support the cycle.