

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.

**Supporting young people's mental health**

**Parent/Carer workshops April – May 2023**

# Emotional Regulation

# Supporting your child to regulate their emotions

**17th April 2023 – 13:00** [**Book a place**](https://www.eventbrite.co.uk/e/588027404797)

**17th April 2023 – 18:00** [**Book a place**](https://www.eventbrite.co.uk/e/588116270597)

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**](https://www.eventbrite.co.uk/e/576112236207)

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**](https://www.eventbrite.co.uk/e/588140011607)

#  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](https://www.eventbrite.co.uk/e/588188065337)

# 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](https://www.eventbrite.co.uk/e/588283651237)

# 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](https://www.eventbrite.co.uk/e/588202237727)

Social Media and Impact on Teenagers’ Mental Health

The impact on our teenagers’ mental health

16th May 2023 – 19:15 [Book a place](https://www.eventbrite.co.uk/e/588210973857)

Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk/) and search for Psychology in Schools Team - NSFT