

## Supporting young people's mental health Parent/carer workshops May 2022

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 and will be recorded so anyone unable to attend can watch the workshop.

### **Supporting your child to attend or get back to school**

**23rd May – 13:00 and 18:00**

This workshop will focus on supporting parents to help their young people in attending or getting back into school, and will help to develop an understanding of school avoidance for parents, and provide strategies that can be used to help our young people feel confident in re-engaging with school.

[Book a place for 23 May 13:00](#)

[Book a place for 23 May 18:00](#)

### **Supporting young people to manage uncertainty**

**24 May - 18:00**

Life is unpredictable which can result in feelings of uncertainty and worry, especially in our young people. This workshop will emphasise the importance of being able to tolerate uncertainty and how parents can support their young people to do this. We will also discuss practical strategies to cope with difficult emotions associated with uncertainty, such as worry, to enable our young people to get more out of life.

[Book a place](#)

### **Supporting young people with anxiety**

**24 May – 19:15**

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.

[Book a place](#)

**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**

