

NHS Trust

Ealing Mental Health Support Team

WORKSHOPS FOR PARENT/CARERS **SPRING TERM 2024**

Over the spring term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below



website or scan the QR code.

https://forms.gle/jmUT9kJNRPNdBUAh6

If you have any questions, please do email us on: Ealing.mhst@nhs.net

PRE AND POST-ATTENDANCE GUIDE



cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

attended, please complete the feedback form provided at the end of the session





SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents of children attending **Primary** and **Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

Date: January 16th 2024 Time: 11am - 12:15pm

TEEN LOW MOOD

This workshop is aimed at parents of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood.

Date: January 25th 2024 Time: 1pm - 2:15pm

Date: January 26th 2024

Time: 1:30pm - 3:00pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety. UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in

MANAGING EXAM STRESS

This workshop supports parents of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

Date: February 12th 2024 Time: 11am - 12:30pm

UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

Date: March 14th 2024 Time: 11am - 12:30pm

children.

Date: February 13th 2024 Time: 11:30am - 1pm

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

Date: March 19th 2024 Time: 10:30am - 12pm

Date: February 22nd 2024 Time: 1pm - 2:15pm

SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

Date: March 28th 2024 Time: 11am-12:30pm

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Promoting hope & wellbeing together

