

Ealing Mental Health Support Team

# WORKSHOPS FOR PARENTS/CARERS

SUMMER TERM 2024



Over the summer 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.



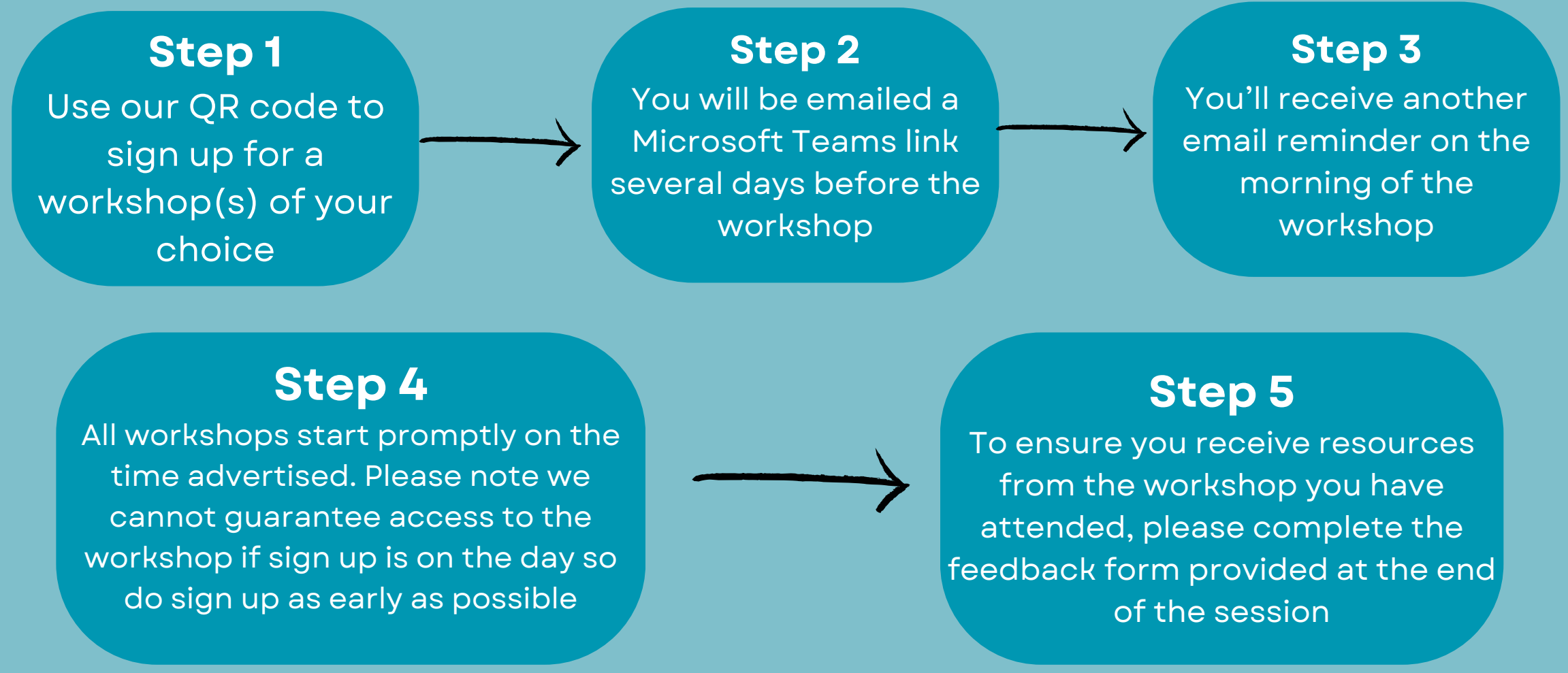
If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/jmUT9kJNRPNdBUAh6>

If you have any questions, please do email us on: [Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net)

## PRE AND POST-ATTENDANCE GUIDE



## TRANSITIONS

This workshop is aimed at parents/carers of **Year 6 primary school** students who would like to know about how to support their child in managing the transition to secondary school and will provide strategies to promote wellbeing.

**Date: April 16th 2024**  
**Time: 12:30pm - 2:00pm**

## AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers 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: April 19th 2024**  
**Time: 11:30am - 1:00pm**

## ADOLESCENT EXAM STRESS

This workshop supports parents/carers 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.

**Date: April 23rd 2024**  
**Time: 1:00pm - 2:30pm**

## TRANSITIONS

This workshop is aimed at parents/carers of **Year 6 primary school** students who would like to know about how to support their child in managing the transition to secondary school and will provide strategies to promote wellbeing.

**Date: May 9th 2024**  
**Time: 11:00am - 12:30pm**

## ADOLESCENT EXAM STRESS

This workshop supports parents/carers 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.

**Date: May 21st 2024**  
**Time: 11:00am - 12:00pm**

## UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers 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 children.

**Date: May 24th 2024**  
**Time: 11:00am - 12:30pm**

## SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers 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: June 4th 2024**  
**Time: 11am - 12:15pm**

## AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers 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: June 14th 2024**  
**Time: 11am - 12:30pm**

## UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents/carers 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: June 18th 2024**  
**Time: 12:00pm - 1:30pm**

## SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents/carers 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: July 11th 2024**  
**Time: 1:00pm - 2:15pm**

## TEEN LOW MOOD

This workshop is aimed at parents/carers 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: July 18th 2024**  
**Time: 11am - 12:00pm**

## SUPPORTING FRIENDSHIPS IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: July 31st 2024**  
**Time: 11am - 12:00pm**

