

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

AUTUMN TERM 2026



Over the Autumn 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.



Back to School (primary students)

A workshop for parents/carers to support the transition back to school following the summer holidays.

Friday 18th September
12:00 -13:15

Supporting Emetaphobia (sick phobia)

A workshop for parents/carers to support a child who may be experiencing emetaphobia.

Tuesday 6th October
12:00-13:15

Suporting Adolescence Anxiety

A workshop for parents/carers to understand more about anxiety in adolescents.

Friday 16th October
12:00-13:30

Supporting Positive Behaviour

A workshop to help parents/carers understand and support positive behaviour in primary aged children.

Tuesday 20th October
12:00-13:30

Autism and Children

A workshop for parents/carers to understand and support autism in primary aged children.

Monday 9th November
12:00-13:30

Understanding SEND

A workshop for parents/carers to understand and support SEND behaviours.

Wednesday 11th November
12:00-13:30

Understanding/Supporting Toileting Difficulties

A workshop for parents/carers to understand and support toileting needs.

Wednesday 18th November
10:30-12:00

Social Media and Self-esteem

A workshop for parents/carers to understand more about social media and its impact on self-esteem.

Wednesday 25th November
12:00-13:30

Autism and Adolescence

A workshop for parents/carers to understand and support autism in adolescents.

Wednesday 16th December
12:00- 13:30