

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

SUMMER TERM 2026



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://docs.google.com/forms/d/e/1FAIpQLSfE1pRxVORNcK3VmiRWqbpzTQotfSMsEaOdkhhtR-_teAqXGw/viewform



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

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: 18th May 2026
Time: 1pm-2pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

Date: 28th May 2026
Time: 12pm - 1pm

HOW TO HELP YOUR CHILD WHEN THEY ARE EXPERIENCING LOW MOOD: FOR SECONDARY STUDENTS

This workshop is aimed at parents/carers of young people attending Secondary school who would like to learn more about how to manage low mood in young people

Date: 12th June 2026
Time: 1:30pm - 2:30pm

BEHAVIOURS THAT CHALLENGE

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 needs, and how to support positive behaviours in children.

Date: 22ND June 2026
Time: 12pm-1pm

TRANSITION TO SECONDARY SCHOOL

This workshop is designed for parents who want to confidently support their child's transition to secondary school, offering practical strategies, reassurance, and guidance to help families navigate this important milestone with ease.

Date: 13th July 2026
Time: 12:30pm-1:30pm

PREPARING FOR LIFE AFTER SCHOOL: PARENTS SUPPORTING 18+

This workshop is aims to support parents seeking to better understand and support their child's transition after leaving school at 18+

Date: 21st July 2026
Time: 10:30am-12pm

