

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/X1XdeBmkkWVcNDic6



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

PRE AND POST-ATTENDANCE GUIDE

Step 1

Use our QR code to sign up for a workshop(s) of your choice

Step 2

You will be emailed a Microsoft Teams link several days before the workshop

Step 3

You'll receive another email reminder on the morning of the workshop

Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session





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

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

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

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

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

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

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

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

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

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 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



