

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

AUTUMN TERM 2024



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.



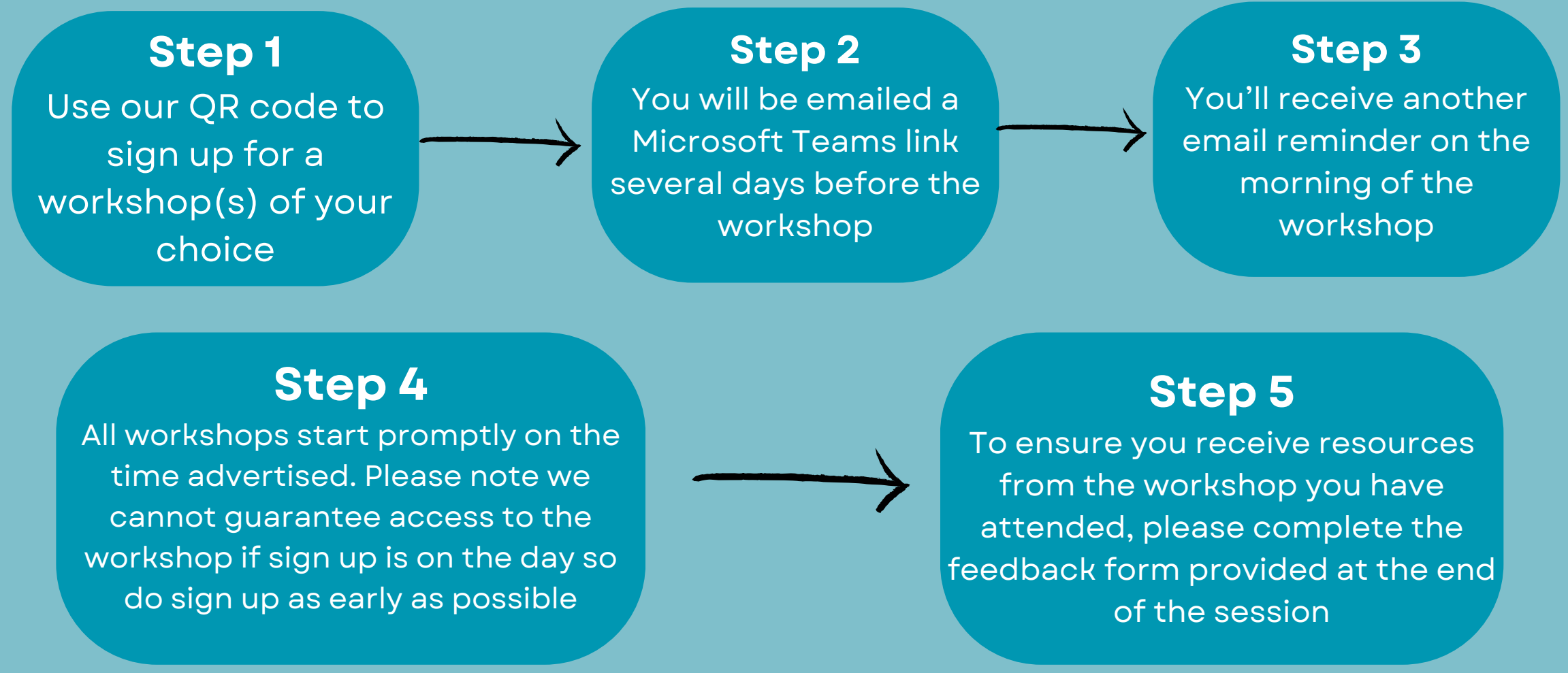
If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/FQ5iVA2BKKepnDrw9>

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

PRE AND POST-ATTENDANCE GUIDE



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: September 25th 2024
Time: 11am - 12pm

TRANSITIONS

This workshop is aimed at parents/carers of **Year 7 secondary 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: October 3rd 2024
Time: 10:30am - 11:30am

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.

Date: October 11th 2024
Time: 12pm - 1pm

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: October 25th 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: November 12th 2024
Time: 12pm - 1pm

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: November 15th 2024
Time: 11am - 12pm

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: December 2nd 2024
Time: 11am - 12pm

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: December 13th 2024
Time: 11:30am - 12:30pm

