

CULTIVATING COURAGE - SUPPORTING YOUR CHILD WITH ANXIETY

NHS

Barnet, Enfield
and Haringey
Mental Health NHS Trust

MYME 
My Young Mind Enfield

Date: 31/07/2023

Time: 10:00am – 12:00pm



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on how to support children's feelings of anxiety and the strategies that could be used to cultivate courage and ways of coping. In this workshop you will:

- Understand how anxiety is developed and maintained
- Build confidence in identifying and managing feelings of anxiety
- Learn about the types of anxiety that children may experience
- Learn strategies to support when anxiety shows up

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/cultivating-courage-tickets-679437454717>

PARENT WORKSHOP

BRAVING THE BLACK CLOUD



Date: 02/08/2023 | Time: 13:00 - 15:00

This workshop aims to inform parents of secondary aged children about low mood and how it impacts young people. You will learn:

- What we mean by low mood
- What to look out for in our young people
- Some practical tips on how to support your young person in braving the black cloud

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/braving-the-black-cloud-tickets-679442820767>



PARENT WORKSHOP

REGULATING RESPONSES

Date: 03/08/2023 | Time: 10:00am – 12:00pm

'Regulating Responses' is a workshop for parents of primary and secondary aged children to consider the links between sensory differences and emotional regulation, and how with this knowledge parents and carers can start to support their children and young people's emotional wellbeing.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/regulating-responses-tickets-675931117167>



THE BUILDING BLOCKS OF BEHAVIOUR -

UNDERSTANDING BEHAVIOUR & GUIDING YOUR CHILD

Date: 08/08/2023 | Time: 10:30am - 12:30pm

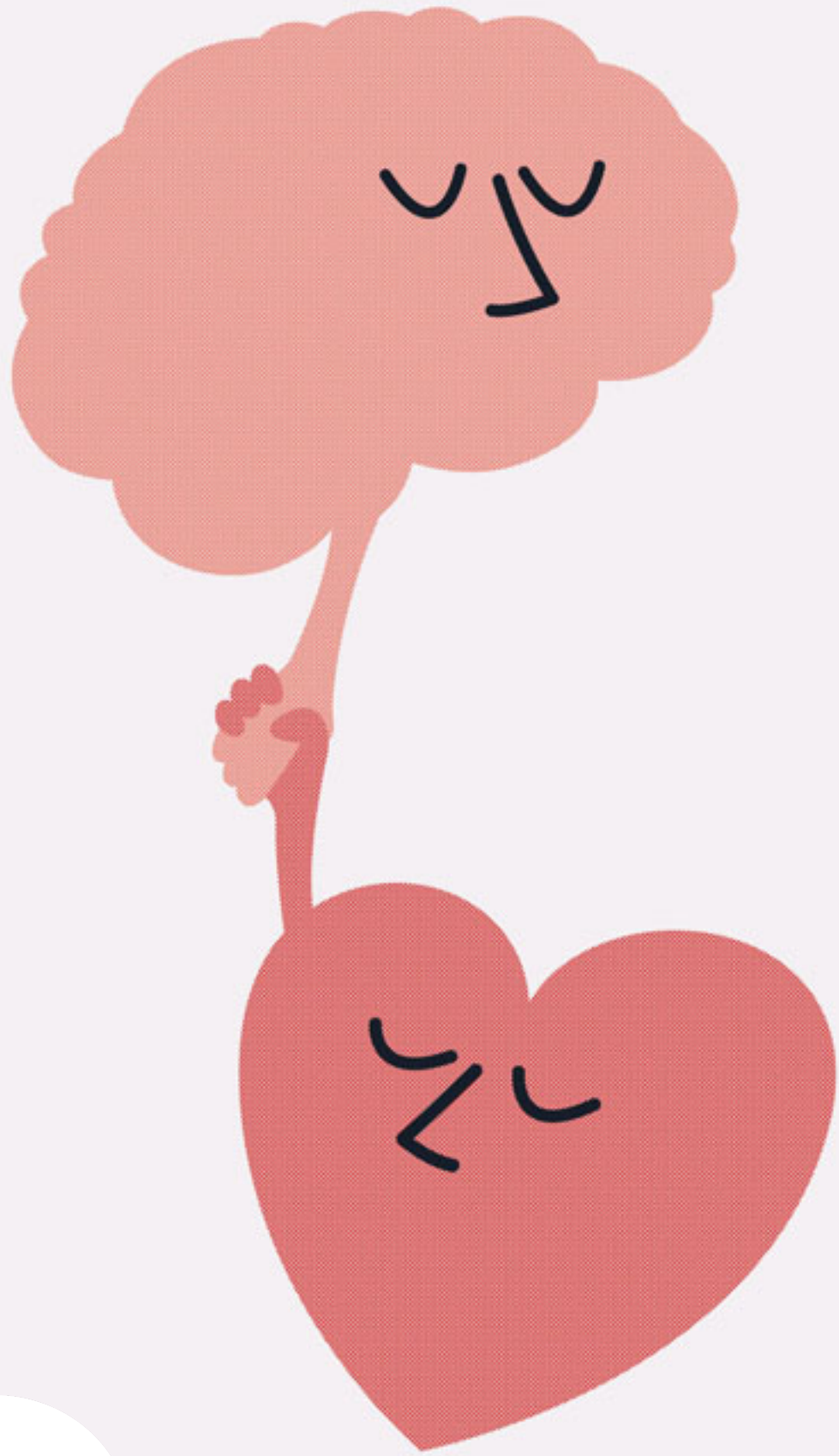
This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's behaviours at home, or those who would like further advice around how they can continue to support their child's behaviour. The workshop will focus on:

- Understanding and making sense of your child's behavioural difficulties and the emotions that may be underneath
- Providing some ideas and strategies to help support your child's behaviour and emotional wellbeing

We believe that all parents/ carers are experts on their children, and so the workshop will be interactive. The workshop will run for approximately 2 hours and will be delivered by two Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/the-building-blocks-of-behaviour-tickets-679443904007>



FEELINGS IN FOCUS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

Date: 10/08/2023 | Time: 10:00am - 12:00pm

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's emotions. This workshop focuses on exploring strategies and techniques to help parents support their children with understanding and managing emotions.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/feelings-in-focus-tickets-679438257117>

PARENT WORKSHOP

SLEEP TIGHT

Date: 18/08/2023

Time: 13:00 – 15:00



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on:

- Understanding sleep and its importance
- How we can help our children with sleep
- Tips to help with strategies to help with sleep and bedtime routines

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/sleep-tight-tickets-675972320407>



PARENT WORKSHOP

HIGHSCHOOL ON THE HORIZON- PREPARING YOUR CHILD FOR HIGH SCHOOL

Date: 22/08/2023 | Time: 11:00 – 13:00

We are offering a specialist parent workshop for parents/ carers of primary aged children transitioning to high school. The workshop will focus on:

- How to support your child with worries
- How to help your child prepare for future changes

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:

<https://www.eventbrite.co.uk/e/highschool-on-the-horizon-tickets-679447384417>