



## **MHST Parent & Carer Workshops 2026-2027**

### **Looking for ways to support your child's mental health and wellbeing?**

Parenting can be rewarding, challenging, and sometimes overwhelming. Our free MHST parent and carer workshops are designed to help you better understand your child's emotional wellbeing.

The Mental Health Support Team are pleased to offer a series of free online workshops for parents and carers. These sessions are designed to provide practical advice, strategies, and support on a range of topics to help you support children and young people with their mental health and wellbeing.

Each workshop lasts 1.5 hours and is delivered via Microsoft Teams. Sessions are open to all parents and carers. There is no need to sign up in advance. Simply join using the link provided at the scheduled time.

| <b>Module</b>       | <b>Information</b>                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Managing Behaviours | <p>Offers helpful approaches and strategies for supporting emotional regulation, building routines, and strengthening parent-child communication when children present with challenging behaviours.</p> <p><b>Friday October 2<sup>nd</sup>, 2026, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/354505116391668?p=ndCJUn9fwrINd9fTn8">https://teams.microsoft.com/meet/354505116391668?p=ndCJUn9fwrINd9fTn8</a></p> |
| EBSA & Transition   | <p>Explains emotionally based school avoidance (EBSA), why it happens, and how parents can help children feel safer and more supported with school transitions.</p> <p><b>Wednesday October 28<sup>th</sup>, 2026, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/356353367789012?p=HXJs4757HdxW32RKNG">https://teams.microsoft.com/meet/356353367789012?p=HXJs4757HdxW32RKNG</a></p>                                 |
| Autism              | <p>An autism-affirming workshop introducing sensory needs, communication differences, and practical ways parents can support their autistic child.</p> <p><b>Tuesday February 16<sup>th</sup>, 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/321157499781080?p=7SWQ5Fj64wigKoZpKL">https://teams.microsoft.com/meet/321157499781080?p=7SWQ5Fj64wigKoZpKL</a></p>                                               |
| Wellbeing           | <p>This workshop explores how parent wellbeing can be affected when a young person is struggling with their mental health, and how caring for yourself directly supports your child's emotional wellbeing too. Parents learn simple, practical self-care strategies that can be used day-to-day to reduce stress, build resilience, and create a calmer environment at home.</p>                                                         |

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|                                      | <b>Friday April 9<sup>th</sup>, 2027, 11am-12:30pm</b><br><a href="https://teams.microsoft.com/meet/389695298498867?p=OiGLHL4VracqIWXeYw">https://teams.microsoft.com/meet/389695298498867?p=OiGLHL4VracqIWXeYw</a>                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sleep                                | <p>Covers common sleep challenges in CYP and teaches evidence-based strategies for parents to build healthier, more settled sleep routines.</p> <p><b>Tuesday June 1<sup>st</sup>, 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/350754129690359?p=7DTcFP4arcNWNb7pzt">https://teams.microsoft.com/meet/350754129690359?p=7DTcFP4arcNWNb7pzt</a></p>                                                                                                                                                                                                                                                           |
| Coping & Resilience Education (CARE) | <p>This workshop teaches simple, effective, practical skills to help build coping and resilience in children and young people. It is based on the same principles used in our Child CARE Workshop for pupils in Years 5 and 6. By understanding these shared ideas, parents can reinforce the skills at home, support emotional regulation, and strengthen their child's ability to manage challenges.</p> <p><b>Tuesday July 13<sup>th</sup>, 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/353995337462083?p=sZA9iMLdJyeGxN8jC">https://teams.microsoft.com/meet/353995337462083?p=sZA9iMLdJyeGxN8jC</a></p> |