

Dear Keeley,

**Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People**

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 11 topics in total with workshops being offered from this point until the end of Spring term.

**Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people**

- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time
- Parent Self Care
- Sibling rivalry

**Webinars for Parents/Carers of Primary aged children**

- Parent-child interactions
- Managing routines
- Supporting Childhood worries

**Webinars for Parents/Carers of Secondary aged Young People**

- Anxiety in Adolescence
- Gender Identity
- Understanding Adolescent Development

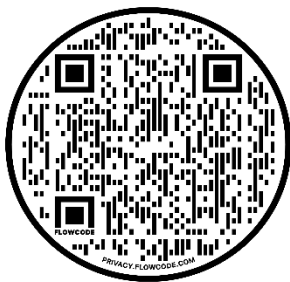
Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from Thursday 29<sup>th</sup> September 2022 until Friday 24<sup>th</sup> March 2023.

Parents and carers can register for any of the above webinars through Eventbrite for free at

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2022-2023-tickets-415252660887>

Or please scan the QR code using your mobile phone's camera:



The scheduled topics, dates and times are:

<b>Webinar topic</b>	<b>Intended Parent Audience</b>	<b>Date</b>	<b>Time</b>
Parent Self Care	Primary & Secondary	Thursday 29 <sup>th</sup> September	12.00-13.00 Q and A: 13.00 to 13.30
Parent-child interactions	Primary & Secondary	Thursday 6 <sup>th</sup> October	12pm – 13.00 Q and A: 13.00 to 13.30
Managing routines	Primary	Thursday 13 <sup>th</sup> October	12pm – 13.00 Q and A: 13.00 to 13.30
Sleep	Primary & Secondary	Thursday 20 <sup>th</sup> October	12pm – 13.00 Q and A: 13.00 to 13.30
Screen-time	Primary & Secondary	Thursday 3 <sup>rd</sup> November	12pm – 13.00 Q and A: 13.00 to 13.30
Understanding adolescent development	Secondary	Thursday 10 <sup>th</sup> November	12pm – 13.00 Q and A: 13.00-13.30

Having therapeutic conversations with your child	Primary & Secondary	Thursday November 17 <sup>th</sup>	12pm – 13.00 Q and A: 13.00-13.30
Supporting childhood worries	Primary & Secondary	Thursday November 24 <sup>th</sup>	12pm – 13.00 Q and A: 13.00-13.30
Anxiety in Adolescence	Secondary	Thursday December 1 <sup>st</sup>	12.00 to 13:00 Q and A 13:00 to 13.30
Gender identity	Secondary	Thursday December 8 <sup>th</sup>	12.00 to 13:00 Q and A 13:00 to 13.30

<b>Webinar topic</b>	<b>Intended Parent Audience</b>	<b>Date</b>	<b>Time</b>
Parent Self Care	Primary & Secondary	Wednesday 11 <sup>th</sup> January 2023	12.00-13.00 Q and A: 13.00 to 13.30
Parent-child interactions	Primary & Secondary	Wednesday 18 <sup>th</sup> January 2023	12pm – 13.00 Q and A: 13.00 to 13.30
Sibling Rivalry	Primary	Wednesday 25 <sup>th</sup> January 2023	12pm – 13.00 Q and A: 13.00 to 13.30
Sleep	Primary & Secondary	Friday 3 <sup>rd</sup> February	12pm – 13.00 Q and A: 13.00 to 13.30
Screen-time	Primary & Secondary	Friday 10 <sup>th</sup> February	12pm – 13.00 Q and A: 13.00 to 13.30

Understanding adolescent development	Secondary	Friday 24 <sup>th</sup> February	12pm – 13.00 Q and A: 13.00-13.30
Having therapeutic conversations with your child	Primary & Secondary	Friday 3 <sup>rd</sup> March	12pm – 13.00 Q and A: 13.00-13.30
Supporting childhood worries	Primary & Secondary	Friday 10 <sup>th</sup> March	12pm – 13.00 Q and A: 13.00-13.30
Anxiety in Adolescence	Secondary	Friday 17 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30
Gender identity	Secondary	Friday 24 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30

### Advertising the webinars

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions, please get in touch with your linked School Practitioner or Tajwar Hussain, Senior School Practitioner/Parenting Support: [Thussain2@tavi-port.nhs.uk](mailto:Thussain2@tavi-port.nhs.uk)

With many thanks,

*Camden MHST*