**Parent Workshops – Virtual**

With Me in Mind are delivering Parent Workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

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| **Title** | **Description** | **Link** |
| Managing BIG Emotions | Is your child struggling with big feelings, outbursts and becoming overwhelmed?  With Me in Mind North Lincolnshire would like to welcome you to our free workshop to discuss possible triggers for these emotions, strategies to support your child and techniques to help regulate emotions.  You will have opportunity to ask our Mental Health Practitioners questions and advice. | Eventbrite:  <https://www.eventbrite.co.uk/e/managing-big-emotions-tickets-698429079177?aff=oddtdtcreator>  Zoom  Meeting ID: 955 7049 8013  Password: mddvlIU34\_ |
| Tackling Your Child’s School Avoidance | Is your child struggling to attend school or lessons? Are they finding school overwhelming, but there is no specific reason such as bullying or struggling with academic pressures? We understand that it can be difficult to know how to help.  Join With Me in Mind North Lincolnshire for a practical session to understand how anxiety can impact school attendance we will look at understanding and recognising the signs, ideas to help your child during these times, as well as ideas of how to work collaboratively with their school.  You will also have the opportunity to ask our Mental Health Practitioners questions and advice. | Eventbrite:  <https://www.eventbrite.co.uk/e/700700001567?aff=oddtdtcreator>  Zoom  Meeting ID: 931 8647 7427  Password: xltnqUE88- |
| Supporting Your Child Through Bullying | Is your child experiencing bullying or unkind behaviour from others? Has this impacted on their mental health and wellbeing?  Join With Me in Mind North Lincolnshire to consider how to support your child through this difficult time, learn strategies and receive signposting on steps that you can take.  You will also have the opportunity to ask our Mental Health Practitioners questions and advice. | Eventbrite: <https://www.eventbrite.co.uk/e/700720151837?aff=oddtdtcreator>  Zoom  Meeting ID: 951 2916 5415  Password: bmjduBL38- |