

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

SPRING TERM 2025



Over the Spring 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.



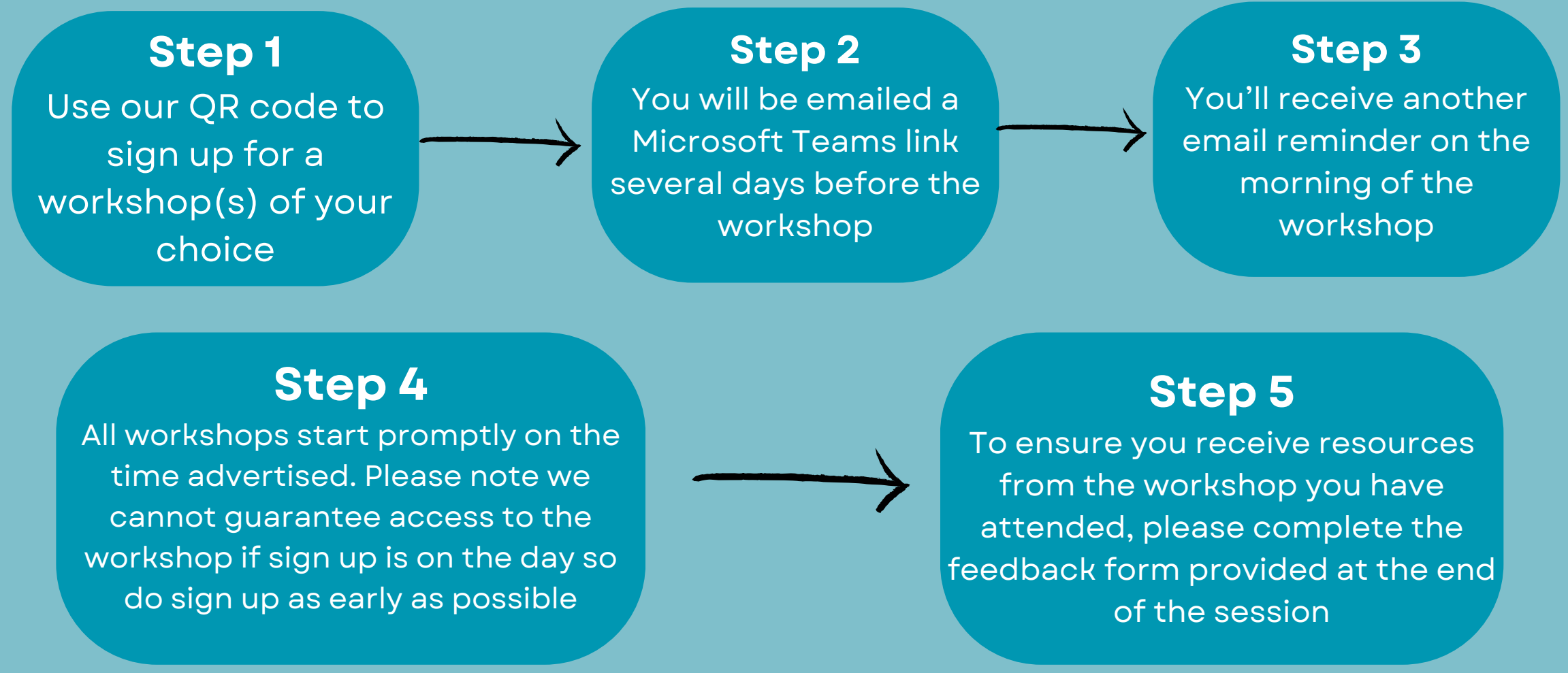
If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/Q6bY3bpc3FeB7kMh7>

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

PRE AND POST-ATTENDANCE GUIDE



TEEN LOW MOOD AND SLEEP

This workshop is aimed at parents/carers of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood and sleep.

Date: 16th January 2025
Time: 9am - 10am

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: 20th January 2025
Time: 12pm - 1:30pm

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: 30th January 2025
Time: 12pm - 1:30pm

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: 7th February 2025
Time: 11am - 12:15pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

Date: 18th February 2025
Time: 1pm - 2:30pm

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: 25th February 2025
Time: 12pm - 1:30pm

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: 11th March 2025
Time: 12pm - 1:30pm

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: 14th March 2025
Time: 12pm - 1:30pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN AND YOUNG PEOPLE

This workshop supports parents/carers of **primary**-aged and **secondary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

Date: 17th March 2025
Time: 11:30am - 1pm

