

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS


SUMMER 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.

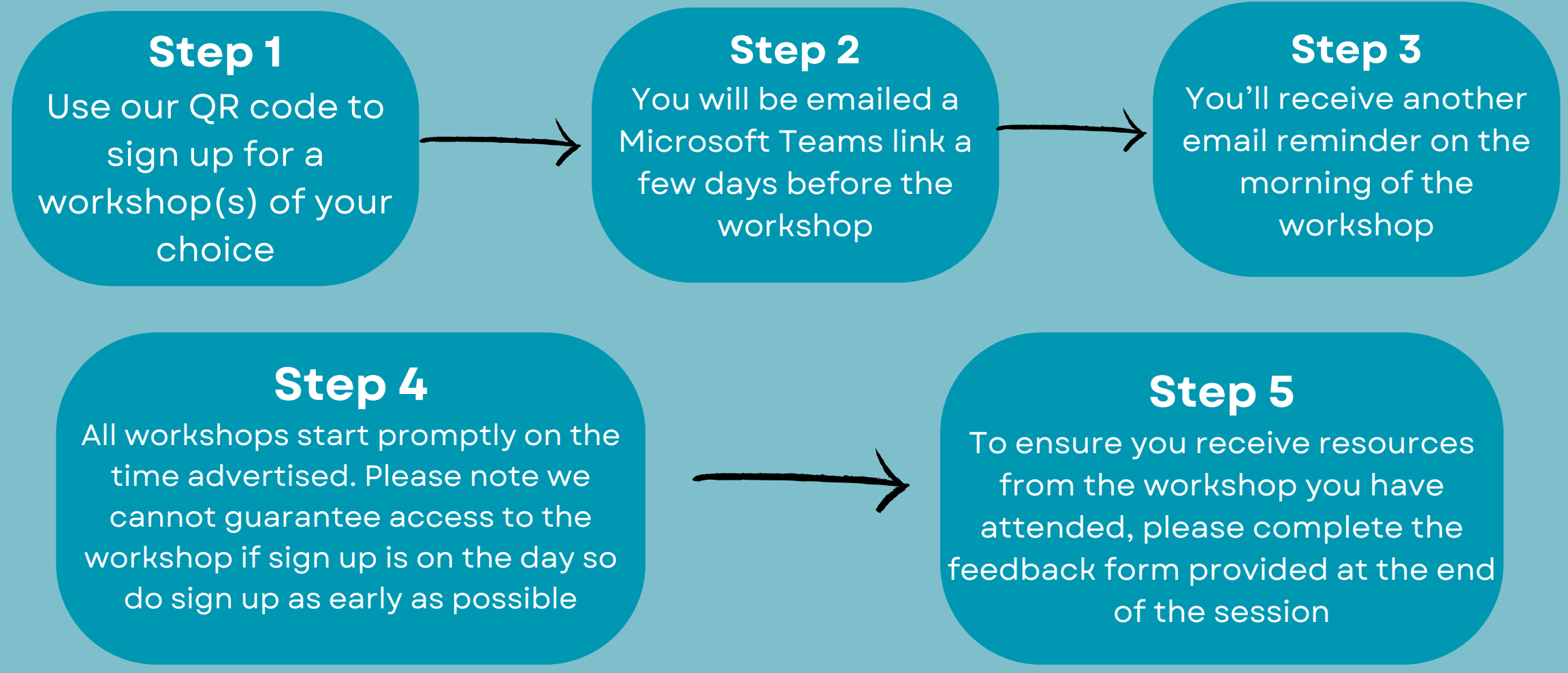


If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

 <https://forms.gle/Q6bY3bpc3FeB7kMh7>

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

PRE AND POST-ATTENDANCE GUIDE



UNDERSTANDING LOW MOOD

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 9th April 2025

Time: 11am - 12pm

SUPPORTING FRIENDSHIPS IN PRIMARY SCHOOL

This workshop is aimed at parents/carers of **primary**-aged children

Date: 23rd April 2025

Time: 11am - 12pm

EXAM STRESS

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 28th April 2025

Time: 11:30am - 12:30pm

COMMON BEHAVIOUR DIFFICULTIES

This workshop is aimed at parents/carers of **Primary**-aged children

Date: 2nd May 2025

Time: 12:00pm - 13:00pm

UNDERSTANDING ANXIETY

This workshop is aimed at parents/carers of both **primary** and **secondary**-aged children

Date: 6th May 2025

Time: 12:00pm - 13:00pm

SOCIAL MEDIA AND SELF ESTEEM

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 14th May 2025

Time: 10:30am - 11:30am

INTRODUCTION TO ASC AND ADOLESCENCE

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 16th May 2025

Time: 13:00pm - 14:30pm

SUPPORTING BEHAVIOUR IN CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of both **primary** and **secondary**-aged children

Date: 27th May 2025

Time: 11:00am - 12:30pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN PRIMARY AGED CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children

Date: 30th May 2025

Time: 11:00am - 12:00pm

INTRODUCTION TO ASC IN PRIMARY AGED CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children

Date: 2nd June 2025

Time: 12:00pm - 13:00pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN SECONDARY AGED CHILDREN

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 10th June 2025

Time: 11:30am - 13:00pm

UNDERSTANDING MALE MENTAL HEALTH

This workshop is aimed at parents/carers of **secondary**-aged children

Date: 24th June 2025

Time: 12:00pm - 13:30pm

SUPPORTING TRANSITIONS TO SECONDARY SCHOOL

This workshop is aimed at parents/carers of children in the process of moving schools

Date: 26th June 2025

Time: 12:00pm - 13:00pm

SUPPORTING TRANSITIONS TO SECONDARY SCHOOL

This workshop is aimed at parents/carers of children in the process of moving schools

Date: 4th July 2025

Time: 12:30pm - 13:30pm

SUPPORTING BEHAVIOUR IN CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of both **primary** and **secondary**-aged children

Date: 7th July 2025

Time: 11:30am - 13:00pm

UNDERSTANDING ANXIETY

This workshop is aimed at parents/carers of both **primary** and **secondary**-aged children

Date: 14th July 2025

Time: 13:00pm - 14:00pm

