

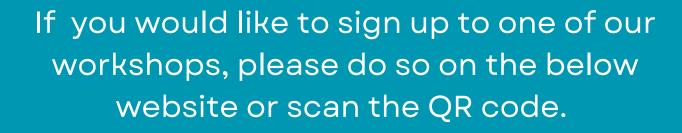
Ealing Mental Health Support Team

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.



https://forms.gle/Q6bY3bpc3FeB7kMh7



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

PRE AND POST-ATTENDANCE GUIDE

Step 1

Use our QR code to sign up for a workshop(s) of your choice

Step 2

You will be emailed a
Microsoft Teams link a
few days before the
workshop

Step 3

You'll receive another email reminder on the morning of the workshop

Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session





UNDERSTANDING LOW MOOD

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

Date: 9th April 2025

Time: 11am - 12pm

COMMON BEHAVIOUR DIFFICULTIES

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

Date: 2nd May 2025

Time: 12:00pm - 13:00pm

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

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 FRIENDSHIPS IN PRIMARY SCHOOL

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

Date: 23rd April 2025

Time: 11am - 12pm

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

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 SECONDARY AGED CHILDREN

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

Date: 10th June 2025

Time: 11:30am - 13:00pm

EXAM STRESS

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

Date: 28th April 2025

Time: 11:30am - 12:30pm

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

SUPPORTING APPROPRAITE 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

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

SECONDARY SCHOOL

SUPPORTING

TRANSITIONS TO

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

Date:

4th July 2025

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:

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





11:30am - 13:00pm