

WITH ME MIND

2024-25

7PM TO 8:30PM

**VIRTUAL
PARENT
WORKSHOPS**

**THURS
26
SEPT**

SUPPORTING YOUR CHILD TO SLEEP WELL

An interactive workshop focusing on ways to encourage your child to establish and maintain a healthy sleep routine.

UNDERSTANDING AND MANAGING WORRY AND ANXIETY

An interactive workshop focusing on ways to support your child with understanding and managing feelings of anxiety and worry.

**THURS
17
OCT**

**THURS
21
NOV**

SUPPORTING YOUR CHILD TO ATTEND SCHOOL

An interactive workshop focusing on ways to support your child with Emotionally Based School Avoidance.

MOOD BOOSTING FOR YOUR CHILD

An interactive workshop focusing on ways to support your child with managing self-harm and low mood.

**THURS
23
JAN**



**BOOK YOUR
PLACE**

**VIA EVENTBRITE
OR
RDASH.WMIM-NLINCS@NHS.NET**

WITH ME MIND

2024-25

7PM TO 8:30PM

**VIRTUAL
PARENT
WORKSHOPS**

**THURS
27
FEB**

SUPPORTING YOUR CHILD TO BE BODY POSITIVE

An interactive workshop focusing on ways to help promote body positivity.

SUPPORTING YOUR CHILD TO MANAGE BIG EMOTIONS

An interactive workshop focusing on ways to support your child with managing their 'big' emotions.

**THURS
27
MAR**

**THURS
22
MAY**

TRANSITION AND MOVING ON

An interactive workshop focusing on ways to support your child and yourself with transition and times of change.

SUPPORTING YOUR CHILD TO FEEL GOOD ABOUT THEMSELVES

An interactive workshop focusing on ways to support you and your child to identify negative thinking styles, looking at strategies to develop and uplift their self-esteem.

**THURS
26
JUNE**



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