

Children's Wellbeing Practitioner Workshops July-September 2024

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Wednesday 17th July @ 6-8pm Wednesday 18th September @6-8pm
Supporting Adolescents with Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Tuesday 23rd July @6-8pm Monday 9th September @ 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem.	Wednesday 28th August @ 10-12pm
Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 6th August @ 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 4th July @ 6-8pm Monday 12th August @ 10-12pm Monday 16th September @ 6-8pm
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Tuesday 9th July @ 10-12pm Wednesday 21st August @ 6-8pm Monday 23rd September @ 10-12pm
School Transitions A workshop supporting children and adolescents with managing school transitions.	Thursday 25th July @ 10-12pm Tuesday 13th August @6-8pm
Exam Stress A workshop supporting children and adolescents with managing exam stress.	

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>