

NEW DATES!

Workshop Running
April – July 21

Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

New dates for the following online workshops are now available to book on to.

The workshops are delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

Understanding Anxiety

We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

- Thursday 15th April 10am – 11:30am
- Tuesday 15th June 12:30pm – 2pm

Emotional Wellbeing

We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

- Wednesday 28th April 10am – 11:30am
- Thursday 24th June 12:00pm – 1:30pm

Understanding ADHD

This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the assessment process.

- Monday 24th May 10am – 11:30am

Sleep

This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.

- Wednesday 5th May 10am – 11:30am
- Monday 14th June 10am – 11:30am

To access the CAMHS parents and carers workshops, please contact: TEWV.CAMHS-Training@nhs.net

And provide the following information:

- Which workshop(s) and date you would like to access
- Which locality you live
- Your name
- Email address
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

