



SPOTLIGHT WELLBEING WORKSHOPS

Delivered by Stevenage Mental Health Support Team

Workshops for Parents at all Stevenage MHST Educational Settings

EBSA (Emotion Based School Avoidance)

Tuesday 31st January

17:30 – 18:30

<https://www.eventbrite.com/e/emotion-based-school-avoidance-ebsa-parentscarers-tickets-503584022367>

Understanding and Improving Your Child's Sleep

Wednesday 8th March

13:30-14:30

<https://www.eventbrite.com/e/understanding-and-improving-your-childs-sleep-parentscarers-tickets-503601414387>

Understanding my Teenager's Brain

Monday 20th March

10:00-11:00

<https://www.eventbrite.com/e/understanding-my-teenagers-brain-parentscarers-tickets-503606960977>

Workshop Information

Emotion Based School Avoidance (EBSA) Workshop aims to support parent/carers to understand EBSA, the common triggers and maintenance factors. We will support parent/carers to intervene early to promote prevention of EBSA and equip young people, families and school with the skills to support reintroduction.

Understanding And Improving Your Child's Sleep aims to support parent/carers to understand sleep, common sleep difficulties and tips to improve your child's sleep.

Understanding my Teenager's Brain aims to support parents/carers to understand teenage development and ways to interact and communicate with your teenager more effectively