

Children's Wellbeing Practitioner Workshops (July-Sept 2023)

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/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-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.	Tuesday 25 th July 10:00 Tuesday 12 th July 18:00
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 24 th July 10:00 Wednesday 27 th September 18:00
Supporting your Child's Self-Esteem A workshop focused on parents/carers supporting their child to improve their self-esteem.	Wednesday 12 th July 10:00 Tuesday 15 th August 18:00 Friday 8 th September 10:00
Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 1 st August 10:00
Supporting your Child's Resilience A workshop focused on parents/carers supporting their child to improve their resilience.	Tuesday 8 th August 18:00
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 11 th July 18:00 Wednesday 16 th August 10:00 Monday 11 th September 10:00
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Thursday 20 th July 18:00 Tuesday 22 nd August 10:00 Thursday 21 st September 18:00
School Transitions A workshop supporting children and adolescents with managing school transitions.	Thursday 6 th July 18:00 Monday 7 th August 10:00

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>