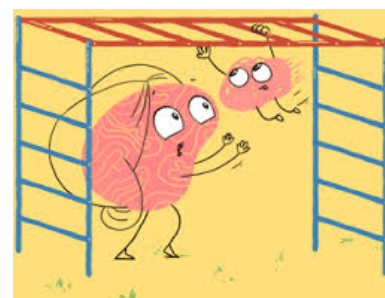


# Helping children with resilience

The ‘**Helping children with resilience**’ webinar will support you in understanding how children develop resilience, while exploring a variety of helpful coping skills, and what you can do as a parent or carer to help them be their most confident self.

## What will the ‘Helping children with resilience’ webinar cover?

- What resilience is.
- Helping children develop positive self-talk.
- Normalising making mistakes and learning from them.
- Worry management and problem solving skills.
- Relaxation and coping strategies.
- How to get further support if needed.



## When will the webinar take place?

The webinar will take place on 4 different dates and times.

Date	Time	Duration	Sign up link
16 October 2023	6pm	75 minutes	<a href="#">16 October 23 MHST workshop: Helping children with resilience</a>
18 October 2023	9am	75 minutes	<a href="#">18 October 23 MHST Workshop: Helping children with resilience</a>
21 March 2024	6pm	75 minutes	<a href="#">MHST workshop: Helping children with resilience 21/3/24</a>
22 March 2024	9am	75 minutes	<a href="#">MHST workshop: Helping children with resilience 22/3/24</a>

\*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***\*Please have a pen and paper handy for the webinar.***

## How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links in the table above. This will take you to a Google Form where you will need to provide your email address, the school your child attends, and the year group your child is in.

## Who to contact

If you have any questions, please contact your school who will direct your query to the allocated MHST practitioner.