

Helping children with worries

The 'Helping children with worries' webinar will help you learn ways to support your child in dealing with their big feelings, worries and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.

What will the 'Helping Children with Worries' webinar cover?

- What anxiety is.
- What the cognitive behavioural model is.
- Practical strategies to help parents and carers talk to their children effectively, help them regulate their emotions, and face their fears.
- How to get further support if needed.



When will the webinar take place?

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

Date	Time	Duration	Sign up link
26 September 2023	6pm	75 minutes	26 September 23 MHST Workshop: Helping children with worries
28 September 2023	9am	75 minutes	28 September 23 MHST Workshop: Helping children with worries
07 March 2024	6pm	75 minutes	MHST workshop: Helping children with worries 7/3/24
08 March 2024	9am	75 minutes	MHST workshop: Helping children with worries 8/3/24

*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.