

Children's Wellbeing Practitioner Workshops (April– June 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
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.</p>	Thu 18 th May 18:00
<p style="text-align: center;">Supporting Adolescents with Self-Esteem</p> <p>A workshop focused on adolescents improving their self-esteem and what parents can do to support.</p>	Thu 25 th May 18:00
<p style="text-align: center;">Supporting your Child's Self-Esteem</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem.</p>	Wed 19 th April 10:00 Wed 10 th May 18:00 Wed 14 th June 10:00
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.</p>	Tue 4 th April 12:00 Tue 6 th June 18:00
<p style="text-align: center;">Supporting your Child's Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their resilience.</p>	Wed 26 th April 10:00 Thu 8 th June 18:00
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	Tue 18 th April 10:00 Tue 16 th May 18:00 Tue 20 th June 10:00
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.</p>	Tue 25 th April 10:00 Tue 23 rd May 18:00 Tue 27 th June 10:00
<p style="text-align: center;">School Transitions</p> <p>A workshop supporting children and adolescents with managing school transitions.</p>	Thu 15 th June 18:00
<p style="text-align: center;">Exam Stress</p> <p>A workshop supporting children and adolescents with managing exam stress.</p>	Tue 11 th April 10:00 Thu 27 th April 18:00 Tue 9 th May 18:00

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/>