

Free Workshops

From the **SEND Mental Health Support Team**



Please see below for information and links to sign up for our virtual parent workshops. These are run by the SEND Mental Health Support Team (MHST) linked to your child's school. All parents and carers are welcome to join, regardless of whether their child has a recognised SEND need as our workshops include practical advice and adaptable strategies for all children and young people. We would love for you to come for the full session, but if you are only able to come for the first hour, you are still welcome to join. Please chat with your school, or email hct.mhst@nhs.net if you have any questions.

Academic Year 26/27:

Date and time	Workshop Title (including link to sign up)	QR Code
Thursday 8th October 2026 4.30-6pm	Supporting your child to thrive in their exam year https://www.eventbrite.co.uk/e/supporting-your-child-to-thrive-in-their-exam-year-tickets-1996620850712?aff=oddtcreator	
Thursday 12th November 2026 1-2.30pm	Supporting your neurodivergent child to unmask https://www.eventbrite.co.uk/e/supporting-your-neurodivergent-child-to-unmask-tickets-1996639459371?aff=oddtcreator	
Thursday 19th November 2026 1-2.30pm	Co-regulation to support your child's emotional regulation https://www.eventbrite.co.uk/e/co-regulation-to-support-your-childs-emotional-regulation-tickets-1996640403194?aff=oddtcreator	
Thursday 10th December 2026 12-1pm	Supporting your child with structure over the Christmas holidays https://www.eventbrite.co.uk/e/supporting-your-child-with-structure-over-the-christmas-holidays-tickets-1997144078701?aff=oddtcreator	



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Thursday 21st January 2027 10-11.30am	Confidence, Self-Esteem and Positive Self-Talk https://www.eventbrite.co.uk/e/confidence-self-esteem-and-positive-self-talk-tickets-1997142856044?aff=oddtcreator	
Friday 29th January 2027 12-1pm 	Parent mental health workshop <i>To celebrate parent mental health day</i> https://www.eventbrite.co.uk/e/parent-mental-health-workshop-tickets-1997143146914?aff=oddtcreator	
Tuesday 9th February 2027 12-1.30pm	Supporting your child with sleep https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-tickets-1997973177558?aff=oddtcreator	
Thursday 11th March 2027 11-12.30pm	Supporting your child with puberty (part 1) <i>If possible, please sign up to, and attend, both workshops</i> https://www.eventbrite.co.uk/e/supporting-your-child-with-puberty-part-1-tickets-1999092926758?aff=oddtcreator	
Thursday 8th April 2027 11-12.30pm	Supporting your child with puberty (part 2) <i>If possible, please sign up to, and attend, both workshops</i> https://www.eventbrite.co.uk/e/supporting-your-child-with-puberty-part-2-tickets-1999093284829?aff=oddtcreator	
Monday 15th March 2027 11-12.30pm 	Understanding neurodivergence and difference <i>To celebrate neurodiversity awareness week</i> https://www.eventbrite.co.uk/e/understanding-neurodivergence-and-difference-tickets-1999095960833?aff=oddtcreator	
Wednesday 14th April 2027 12-1pm	Supporting your child with exam stress https://www.eventbrite.co.uk/e/supporting-your-child-with-exam-stress-tickets-1999096903653?aff=oddtcreator	
Monday 17th May 2027 12-1.30pm	Supporting your child to communicate their emotions https://www.eventbrite.co.uk/e/supporting-your-child-to-communicate-their-emotions-tickets-2000576634568?aff=oddtcreator	



Tuesday 1st June 2027 12-1.30pm	Understanding and supporting LGBTQ+ young people <i>Celebrating pride month!</i> https://www.eventbrite.co.uk/e/understanding-and-supporting-lgbtq-young-people-tickets-2001161506937?aff=oddtcreator	
Monday 7th June 2027 12-1.30pm	Supporting your child transition to secondary school <i>Year 6 to year 7 transition</i> https://www.eventbrite.co.uk/e/supporting-your-child-transition-to-secondary-school-tickets-2001162350460?aff=oddtcreator	
Tuesday 8th June 2027 12-1.30pm	Supporting your young person transition beyond school <i>School leavers; year 11 or year 13</i> https://www.eventbrite.co.uk/e/supporting-your-young-person-transition-beyond-school-tickets-2001162913143?aff=oddtcreator	

