Herts & West Essex Mental Health Support Teams

NHS Hertfordshire Community NHS Trust

# Free webinars to support your child with unmasking and co-regulation

## From the SEND Mental Health Support Team (SEND MHST)

### Supporting your neurodivergent child to unmask

Do you want to learn more about masking and talk about strategies to support unmasking?

This webinar will provide information about masking and practical strategies to support your child to unmask safely.

**Date**: Thursday 12th Nov 2026
**Time**: 1-2.30pm

https://www.eventbrite.co.uk/e/supporting-your-neurodivergent-child-to-unmask-tickets-1996639459371?aff=oddtdtcreator

### Co-regulation to support your child's emotional regulation

Do you want to understand how co-regulation can support your child with emotion regulation?

This webinar is to support all families (whether there is an identified SEND need or not) with advice and practical strategies to co-regulate with your child.

**Date**: Thursday 19th Nov 2026
**Time**: 1-2.30pm

Scan me!

https://www.eventbrite.co.uk/e/co-regulation-to-support-your-childs-emotional-regulation-tickets-1996640403194?aff=oddtdtcreator

If you have any questions, please chat with your school, or email hct.mhst@nhs.net.