

## Children's Wellbeing Practitioner Workshops (January – March 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>

<u>Workshop</u>	<u>Date &amp; Time</u>
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Wed, 18 <sup>th</sup> January 18:00 Wed, 15 <sup>th</sup> March 18:00
<b>Supporting Adolescents with Self-Esteem</b> A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Thu, 26 <sup>th</sup> January 18:00 Thu, 23 <sup>rd</sup> March 18:00
<b>Supporting your Child's Self-Esteem</b> A workshop focused on parents/carers supporting their child to improve their self-esteem.	Thu, 12 <sup>th</sup> January 10:00 Thu, 9 <sup>th</sup> February 18:00 Thu, 9 <sup>th</sup> March 10:00
<b>Supporting Adolescent with Sleep Difficulties</b> A workshop focused on adolescents managing and improving their sleep difficulties and how parents/carers can help.	Wed, 15 <sup>th</sup> Feb 12:00
<b>Supporting your Child with Sleep Difficulties</b> A workshop focused on parents/carers supporting their child with sleep difficulties.	Tue, 17 <sup>th</sup> January 10:00 Thu, 16 <sup>th</sup> February 18:00 Tue, 14 <sup>th</sup> March 10:00
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Tue, 10 <sup>th</sup> January 10:00 Tue, 7 <sup>th</sup> February 18:00 Tue, 7 <sup>th</sup> March 10:00
<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Tue, 24 <sup>th</sup> January 18:00 Thu, 23 <sup>rd</sup> February 10:00 Tue, 21 <sup>st</sup> March 18:00
<b>Exam Stress</b> A workshop supporting children and adolescents with managing exam stress.	Wed, 4 <sup>th</sup> January 10:00 Wed, 25 <sup>th</sup> January 18:00 Tue, 14 <sup>th</sup> February 10:00 Wed, 22 <sup>nd</sup> March 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/>