

## Supporting Young People's Mental Health Parent/Carer Workshops Summer Term 2025



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsf.uk/workshops>.



### **Building Confidence and Managing Anxiety in Your Child - Parts 1 and 2**

For parents/carers of children aged under 12. This two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. The webinars provide additional strategies and aim to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children.

**Part 1: Thurs 24<sup>th</sup> April 18:00 [BOOK HERE](#)** (Please also book Part 2)

**Part 2: Thurs 1<sup>st</sup> May 18:00 – [BOOK HERE](#)** (Please also book Part 1)

### **Supporting Your Child/Young Person with Emotion Based School Avoidance**

For parents/carers of school aged children. Many children/young people experience challenges during education. Emotion Based School Avoidance or EBSA is where children and young people find it difficult to attend school due to emotional factors. This session explores what Emotion Based School Avoidance (EBSA) is and considers effective strategies for breaking the cycle of EBSA and supporting your child/young person attend school.

**Wed 30<sup>th</sup> April 13:00 - [BOOK HERE](#)**

### **Supporting Your Child/Adolescent with Anxiety**

Aimed at parents of children aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

**Thurs 1<sup>st</sup> May 13:00 - [BOOK HERE](#)**

### **Supporting your Child (under 13) to Manage their Big Feelings**

As our children grow, they experience many changes in themselves and the world around them. During this time, our children feel a variety of feelings such as anxiety, which they do not know how

to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed. **Tues 20<sup>th</sup> May 13:00 - [BOOK HERE](#)**

### **Understanding the Adolescent Brain: Supporting our Teenagers with Emotions**

This session explores adolescence brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We also explore what we can do to strengthen our relationships with our young people and support them through this period of development. **Thurs 22<sup>nd</sup> May 12:00 - [BOOK HERE](#)**

### **Supporting Your Child with Bereavement**

This workshop explores what grief is and some different ideas to understand grief. It also looks at different ways in which parents/carers can support their children when they are dealing with grief.

**Mon 23<sup>rd</sup> June 12:00 - [BOOK HERE](#)**

### **Tools for Managing Worry and Uncertainty**

This workshop introduces strategies that parents/carers can support their children to use to help them cope better with worry and uncertainty now and in the years to come. Being able to adapt in situations by learning to understand emotions and cope with change reduces stress levels and is a great skill for life. **Tues 24<sup>th</sup> June 12:00 - [BOOK HERE](#)**

### **Parenting the Anxious Adolescent – Parts 1 and 2**

For parents/carers of children/teenagers aged 12 and above. This two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. The webinars provide additional strategies and aim to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their teenager with anxiety.

**Part 1: Thurs 26<sup>th</sup> June 18:00 - [BOOK HERE](#)** (Please also book Part 2)

**Part 2: Thurs 3<sup>rd</sup> July 18:00 - [BOOK HERE](#)** (Please also book Part 1)

### **Managing Change and Transitions as we Enter the Summer Holidays**

This workshop explores why change can be so challenging for our children. The session will focus on five key components to wellbeing and think about how we can practically support our children in each of these five areas. The session will pay particular attention to the approaching summer holidays and the opportunities this offers as well as thinking about the transition to the new school year. **Wed 9<sup>th</sup> July 13:00 - [BOOK HERE](#)**

### **Building Confidence and Managing Anxiety in Your Child – Parts 1 and 2**

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**Part 1: Thurs 21<sup>st</sup> August 18:00 - [BOOK HERE](#)** (Please also book Part 2)

**Part 2: Thurs 28<sup>th</sup> August 18:00 – [BOOK HERE](#)** (Please also book Part 1)

**Working together for better mental health**