

Dear Parent/Carers

Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people

- Why Early Intervention Matters: Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

Webinars for Parents/Carers of Primary aged children

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at <https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from Friday 12th November 2021 until Thursday 10th March 2022.

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Why Early intervention matter: Introducing the MHST	Primary & Secondary	Friday 12 th November 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Friday 19 th November 2021	12.00 to 13:00 Q and A 13:00 to 13.30

Managing child worries	Primary	Friday 26 th November 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Friday 3 rd December 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Friday 10 th December 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Thursday 20 th January 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 th January 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 rd February 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 th February 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 th February 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 rd March 2022	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 th March 2022	12.00 to 13:00 Q and A 13:00 to 13.30

Advertising the webinars

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,
Hazal Demir - MHST School Practitioner