

# CULTIVATING COURAGE - SUPPORTING YOUR CHILD WITH ANXIETY



Barnet, Enfield  
and Haringey  
Mental Health NHS Trust



Date: 27/11/2023

Time: 10:00am – 12:00pm



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on how to support children's feelings of anxiety and the strategies that could be used to cultivate courage and ways of coping. In this workshop you will:

- Understand how anxiety is developed and maintained
- Build confidence in identifying and managing feelings of anxiety
- Learn about the types of anxiety that children may experience
- Learn strategies to support when anxiety shows up

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4w40bfMYb3hMm8Nb5yvqpyBUMzVMQ0pGUExDVERPN1JJNVNRNTVPNERCWS4u>

MYME- Cultivating Courage-  
Workshop Sign Up Form







## PARENT WORKSHOP

# REGULATING RESPONSES

Date: 14/11/2023 | Time: 10:00am – 12:00pm

'Regulating Responses' is a workshop for parents of primary and secondary aged children to consider the links between sensory differences and emotional regulation, and how with this knowledge parents and carers can start to support their children and young people's emotional wellbeing.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4w40bfMYb3hMm8Nb5yvqpyBUNUU4MDFYTOZUVTlYU0IESFJYQUFCVzRGWC4u>

MYME- Regulating Responses  
Workshop Sign Up Form



## THE BUILDING BLOCKS OF BEHAVIOUR -

# UNDERSTANDING BEHAVIOUR & GUIDING YOUR CHILD

Date: 21/11/2023 | Time: 10:00am - 12:00pm

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's behaviours at home, or those who would like further advice around how they can continue to support their child's behaviour. The workshop will focus on:

- Understanding and making sense of your child's behavioural difficulties and the emotions that may be underneath
- Providing some ideas and strategies to help support your child's behaviour and emotional wellbeing

We believe that all parents/ carers are experts on their children, and so the workshop will be interactive. The workshop will run for approximately 2 hours and will be delivered by two Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=s1TDN7CF9Ueylge0jXdO4w40bfMYb3hMm8Nb5yvqpyBUMVk3UkdaWVlGTjFUUThPMzBCUFhCTzZRNy4u>

MYME- The Building Blocks of  
Behaviour Sign Up Form





# FEELINGS IN FOCUS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

Date: 13/11/2023 | Time: 10:00am - 12:00pm

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's emotions. This workshop focuses on exploring strategies and techniques to help parents support their children with understanding and managing emotions.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4w40bfMYb3hMm8Nb5yvqpyBUMjdUNjdSTEdHQ0lPSDBGUjZMTEo3VEZGVC4u>

MYME- Feelings in Focus Sign Up  
Form



# PARENT WORKSHOP

# SLEEP TIGHT

Date: 27/11/2023

Time: 11:00 – 13:00



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on:

- Understanding sleep and its importance
- How we can help our children with sleep
- Tips to help with strategies to help with sleep and bedtime routines

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4w40bfMYb3hMm8Nb5yvqpyBUNVNFNzc1NDlEM1M4TzBZSUdWUVk3UjRKTi4u>

MYME- Sleep Tight Sign Up Form

