

## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2024



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 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops).



### Supporting our Young People with Low Mood

All our young people have days when they feel low, this is perfectly normal. Sometimes this low mood hangs around for a bit longer and starts to make it much more difficult for our young people to do the things that are important to them and have the kind of relationships they want to have with others. For us as parents it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

**Tuesday 23<sup>rd</sup> January 13:00 PM - [BOOK HERE](#)**

### Supporting our Young People with Anxiety

This workshop helps parents to better understand anxiety. It covers what is anxiety, why anxiety, how it effects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

**Tuesday 23<sup>rd</sup> January 18:00 PM - [BOOK HERE](#)**

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### Supporting your Child to Manage Anxiety and 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.

**Tuesday 27<sup>th</sup> February 13:00 PM - [BOOK HERE](#)**

### Understanding the teenage brain: Supporting our teenagers with emotions

During adolescence the brain goes through some very big changes – these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and so understanding what is happening in the teenage brain is incredibly helpful. This session explores these brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We will also explore what we can do to strengthen our relationships with our young people and support them through this period of development.

**Tuesday 27<sup>th</sup> February 18:00 PM - [BOOK HERE](#)**

### Supporting our Young People with OCD

This session covers: what OCD is, how it effects and impacts young people, how parents can support their children/adolescents who might be struggling with OCD, and what further support is available.

**Tuesday 26<sup>th</sup> March 13:00 PM - [BOOK HERE](#)**

### Tools for Managing Uncertainty and Building Resilience in Young People

Life is always unpredictable, but over the last few years we have been living with a much higher degree of uncertainty than is usual. This workshop introduces strategies that parents/carers can support their young people to use to help them cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life.

**Tuesday 26<sup>th</sup> March 18:00 PM - [BOOK HERE](#)**

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**Working together for better mental health**