

PARENT WORKSHOPS



FREE
Virtual Workshop

With Me in Mind are delivering Parent Workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

All workshops can be accessed via the QR code.

Managing BIG Emotions

Date: Tuesday 19th September

Time: 6pm to 7:30pm

Is your child struggling with big feelings, outbursts and becoming overwhelmed? This workshop will discuss possible triggers for these emotions, strategies to support your child and techniques to help regulate emotions.



Tackling Your Child's School Avoidance

Date: Tuesday 17th October

Time: 6pm to 7:30pm

Is your child struggling to attend school or lessons? Are they finding school overwhelming, but there is no specific reason such as bullying or struggling with academic pressures? Join us to understand how anxiety can impact school attendance, we will look at understanding and recognising the signs, ideas to help your child during these times, as well as ideas of how to work collaboratively with their school.



Supporting Your Child Through Bullying

Date: Tuesday 14th November

Time: 6pm to 7:30pm

Is your child experiencing bullying or unkind behaviour from others? Has this impacted on their mental health and wellbeing? Join With Me in Mind North Lincolnshire to consider how to support your child through this difficult time, learn strategies and receive signposting on steps that you can take.



Please contact your school if you are having trouble accessing the QR code.