

Children's Wellbeing Practitioner Workshops October-December 2024

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	Thursday 21 st November 6-8pm
<p style="text-align: center;">Adolescent Self-Esteem and Resilience</p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	Thursday 28 th November 6-8pm
<p style="text-align: center;">Supporting your Child's Self-Esteem and Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	Monday 28 th October 6-8pm Wednesday 11 th December 10-12pm
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	Wednesday 2 nd October 6-8pm Monday 2 nd December 6-8pm
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th December 10-12pm
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	Tuesday 15 th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>