

Supporting Your Child's Mental Wellbeing Over the Summer!

Norfolk and Waveney Mental Health Support Teams in Schools



You're invited to join us for a range of workshops over the summer to support your child's mental wellbeing.



We are the Mental Health Support Teams in Schools, part of Ormiston Families. We work alongside your schools and colleges to help children, young people, families and school staff with Mental Health Support.



We will be running a range of virtual workshops and webinars over the summer for parents/ carers.

The aim of the workshops and webinars is to offer you skills and information to support your child with general wellbeing, managing transitions, sleep and behaviour difficulties ready to start the new school year!



These free, hour long sessions will be delivered by members of The Mental Health Support Team in Schools via zoom.

You can register to attend these sessions for free by registering here:

<https://www.eventbrite.com/cc/wellbeing-webinars-parents-of-year-7-13s-855899>



Supporting your teenager's wellbeing - Parents of students in Year 7- 13

Tuesday 2nd August 12:00-13:00
Wednesday 10th August 20:00- 21:00
Thursday 18th August 13:00-14:00
Wednesday 24th August 19:30-20:30
Thursday 25th August 09:00 -10:00



Challenging Behaviour and how to manage it: A supportive guide for parents

A supportive session for parents to understand how they manage challenging behaviour.

Thursday 11th August
09:00-10:00



Teen Sleep: A parent's guide to understanding and supporting your Teen's sleep needs

Wednesday 3rd August
12:00 -13:00



Supporting the return to school for parents of primary aged children

Tuesday 30th August
09:00- 10:00

Thursday 1st September
14:00 -15:00