



## Visyon Parent/Carer Webinars – Spring 2022

Our Parent Webinars are intended to offer information and ideas to help you in supporting your child with understanding and managing their emotions and wellbeing. These are open to parents/carers or other interested family members living in Cheshire East.

The webinars are delivered as a presentation on Zoom. As a participant you are not connected via video or audio but may interact or ask questions using the typed chat function. The webinars are delivered by Laura Kerr (Wellbeing Team Leader) and Paula Duncan (Young Person's Counsellor)

The webinars are available as live sessions where you can interact using a typed chat function, or as recordings. We have received positive feedback from parents including:

*"I have signed up to all your webinars as I think they're great and have made me realise more of my child's behaviour is likely anxiety related than I originally thought"*

*"The webinars have been really helpful to find out more about how the body and mind works and then working on strategies to help us cope."*

The forthcoming webinars are:

**Thursday 3<sup>rd</sup> March 2022 10-11am - Understanding and Managing Anxiety**  
[https://us02web.zoom.us/webinar/register/WN\\_K1\\_eZbsSQJOCkwpq4bf\\_CA](https://us02web.zoom.us/webinar/register/WN_K1_eZbsSQJOCkwpq4bf_CA)

**Thursday 10<sup>th</sup> March 2022 10-11am – Family Communication**  
[https://us02web.zoom.us/webinar/register/WN\\_3Vaxn52dQLysrq5ay7wqVQ](https://us02web.zoom.us/webinar/register/WN_3Vaxn52dQLysrq5ay7wqVQ)

**Thursday 17<sup>th</sup> March 2022 10-11am – Supporting your child with Exam Stress**  
[https://us02web.zoom.us/webinar/register/WN\\_cP2htcL8Q7eUT8cw8x-Lrq](https://us02web.zoom.us/webinar/register/WN_cP2htcL8Q7eUT8cw8x-Lrq)

**Thursday 24<sup>th</sup> March 2022 10-11am - The Science of Sleep (and how to improve it!)**  
[https://us02web.zoom.us/webinar/register/WN\\_X\\_-vxJ1SQXmQ-OOP2j37uA](https://us02web.zoom.us/webinar/register/WN_X_-vxJ1SQXmQ-OOP2j37uA)

**Thursday 24<sup>th</sup> April 2022 10-11am – Supporting your Child's Wellbeing**  
[https://us02web.zoom.us/webinar/register/WN\\_lwvHvR07T3OEBE9Q0vaGQw](https://us02web.zoom.us/webinar/register/WN_lwvHvR07T3OEBE9Q0vaGQw)

**Thursday 31<sup>st</sup> April 2022 10-11am – Understanding the Teenage Brain**  
[https://us02web.zoom.us/webinar/register/WN\\_zY77d-bpQSudbIkXSnyPOw](https://us02web.zoom.us/webinar/register/WN_zY77d-bpQSudbIkXSnyPOw)

Please click on the relevant link to register in advance for the webinar(s) you wish to attend. After registering, you will receive a confirmation email containing information about joining the webinar.

We will have a recording available to send out after the event and will send this to all registrants. If you wish to only receive the recording please indicate this on the registration so we don't count you towards the numbers as the webinars have a limited capacity.