

Parent/Carer Workshops

Join our free Parent/Carer Workshops designed to support you with up-to-date information, practical tips, and simple strategies to help your child thrive.

These friendly, expert-led sessions cover key topics like online safety and emotional regulation with the aim of giving you the tools to support your child at every stage. Sign up today and feel more informed, connected, and empowered.



Online Safety

Learn about digital safety for kids including impact of screen time, apps, gaming, AI risks, cyberbullying and gain practical tips to create a safer digital environment at home

Date: Wednesday 19th November 2025
Time: 10-11:30am

Emotional Regulation

This workshop covers emotional regulation in children, causes and signs of dysregulation, the nervous system's role, and practical strategies to support healthy skills.

Date: Wednesday 26th November 2025
Time: 10-11:30am

Managing Worries/Anxiety

This workshop covers understanding anxiety in children, its causes and signs, and offers practical tips and strategies to help manage worries effectively.

Date: Wednesday 3rd December 2025
Time: 10-11:30am

Register for the workshops here:

Scan me



Stay Connected!

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