

# Parent/Carer Workshops

Join our free Parent/Carer Workshops for practical tips, simple strategies and up-to-date guidance to help your child thrive.

These friendly, expert-led sessions cover key topics such as online safety and emotional regulation, giving you the tools to feel informed, confident and supported.



## 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 25th February 2026

Time: 9:30-11:30am

## 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 4th March 2026

Time: 9:30-11:30am

## 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 11th March 2026

Time: 9:30-11:30am

## Register for the workshops here:



### Stay Connected!

**Compass**  
**Birmingham**  
Mental Health Support Teams

 birminghammhst@compass-uk.org  
 0121 227 8254  
 www.compass-uk.org  
 Instagram: @compassbhmhst  
 Facebook: @compassbirminghamMHST