

## Children's Wellbeing Practitioner Workshops (October-December 2023)

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to 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/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

Workshop	Date & Time
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Wednesday 22 <sup>nd</sup> November 6pm
<b>Supporting Adolescents with Self-Esteem</b> A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Wednesday 15 <sup>th</sup> November 6pm
<b>Supporting your Child's Self-Esteem</b> A workshop focused on parents/carers supporting their child to improve their self-esteem.	Monday 9 <sup>th</sup> October 10am Tuesday 5 <sup>th</sup> December 10am
<b>Supporting with Sleep Difficulties</b> A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 3 <sup>rd</sup> October 6pm Thursday 7 <sup>th</sup> December 6pm
<b>Supporting your Child's Resilience</b> A workshop focused on parents/carers supporting their child to improve their resilience.	Friday 27 <sup>th</sup> October 10am Monday 18 <sup>th</sup> December 6pm
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 7 <sup>th</sup> November at 10am
<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Monday 13 <sup>th</sup> November 6pm
<b>School Transitions</b> A workshop supporting children and adolescents with managing school transitions.	

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>