



## Visyon Parent/Carer Webinars – Spring 2021

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.

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 (Family and Schools Wellbeing Worker) and Paula Duncan (Young Person's Counsellor)

100% of parents who have attended the webinars to date have said they found them useful and would recommend to a friend. Comments we received included:

*"I found it so reassuring and packed with fantastic practical tips"*

*"I have read books and used techniques recommended but so nice to hear someone give practical and sensible advice on something that rarely seems manageable!"*

*"Thank you for a very useful and informative presentation – an hour well spent!"*

The forthcoming webinars are:

**Thursday 14<sup>th</sup> January 10.30-11.30am Building Resilience and Self Esteem**  
[https://us02web.zoom.us/webinar/register/WN\\_3O6Nsq4cTJ6iF0h3lhPgDQ](https://us02web.zoom.us/webinar/register/WN_3O6Nsq4cTJ6iF0h3lhPgDQ)

**Thursday 28<sup>th</sup> January 10.30-11.30am Understanding and Managing Anxiety**  
[https://us02web.zoom.us/webinar/register/WN\\_8HoRNa-BTuilCNv7JDluLw](https://us02web.zoom.us/webinar/register/WN_8HoRNa-BTuilCNv7JDluLw)

**Thursday 11<sup>th</sup> February 10.30-11.30am Positive Communication in the Family**  
[https://us02web.zoom.us/webinar/register/WN\\_bZFYWdwvSqGzOe5WZH4OOQ](https://us02web.zoom.us/webinar/register/WN_bZFYWdwvSqGzOe5WZH4OOQ)

**Thursday 25<sup>th</sup> February 10.30am-11.30am Understanding the Teenage Brain**  
[https://us02web.zoom.us/webinar/register/WN\\_1kRmi3W7SnSZM6-IG\\_JJ\\_g](https://us02web.zoom.us/webinar/register/WN_1kRmi3W7SnSZM6-IG_JJ_g)

**Thursday 11<sup>th</sup> March 10.30-11.30am Supporting your Child's Wellbeing**  
[https://us02web.zoom.us/webinar/register/WN\\_tiJD4QLRguNwihemIRsNg](https://us02web.zoom.us/webinar/register/WN_tiJD4QLRguNwihemIRsNg)

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.

The webinars have a maximum capacity of 100 people so please let us know if you can no longer attend so we can re-allocate the places. We will have recordings available after the event.

If you are interested in finding out about other ways in which Visyon might be able to support you and your family, please visit [www.visyon.org.uk](http://www.visyon.org.uk).