

Online workshops for parents/carers

Summer 2024



Join our online information sessions offering tips and advice to help improve the mental health and emotional wellbeing of your child.

All sessions are free to book and will last around an hour. Topics include:

- Introduction to children's mental health and wellbeing
- Supporting your child during the summer holidays
- The teenage brain
- Preparing for the return to school
- Managing big emotions
- Self-harm
- Transition to high school
- Sleep hygiene for primary school children
- Sleep hygiene for secondary school children
- myHappyMind - a tour around the app and how best to use it
- Supporting your child through GCSE/A Level exam results

To book, visit:

www.eventbrite.co.uk/o/kirklees-keep-in-mind-86185654843

If you require a copy of this information in any other format or language please contact the Trust.

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Introduction to children’s mental health and wellbeing	Tuesday 23 July at 10:30am Thursday 8 August at 2:30pm Wednesday 21 August at 10:30am
Supporting your child during the summer holidays	Thursday 25 July at 10:30am Wednesday 31 July at 2:30pm Monday 5 August at 10:30am
The teenage brain	Tuesday 30 July at 10:30am Thursday 15 August at 2:30pm Friday 30 August at 2:30pm
Preparing for the return to school	Friday 26 July at 2:30pm Wednesday 7 August at 10:30am
Managing big emotions	Thursday 1 August at 10:30am Wednesday 28 August at 2:30pm
Self-harm for parents/carers	Thursday 1 August at 4pm Tuesday 13 August at 12:30pm
Transition to high school	Tuesday 20 August at 2:30pm Thursday 29 August at 10:30am
Sleep hygiene for primary school children	Wednesday 24 July at 2:30pm Thursday 22 August at 10:30am
Sleep hygiene for secondary school children	Tuesday 6 August at 10:30am Tuesday 27 August at 2:30pm
myHappyMind- a tour around the app and how best to use it	Tuesday 27 August at 10am
Supporting your child with their exam results	Monday 12 August at 10:30am Tuesday 20 August at 3:30pm

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