



# Parent and Carer Workshops: Children's Emotional Wellbeing

\* As part of the Rural Partnership Project, we are pleased to offer the following parent workshops that are aimed to help you support your child's positive emotional wellbeing and mental health at home. Each free workshop has a specific theme and will be delivered by Stacey Barton, Rural Education Link Worker (Children's Mental Health):

**Tuesday 8th March 6.00-7.30pm:**  
**Understanding and Supporting Anxiety**

**Tuesday 15th March 6.00-7.30pm:**  
**The Impact of the Digital Age on Mental Wellbeing**

**Tuesday 26th April 6.00-7.30pm:**  
**The Teenage Brain**



**Northorpe Hall**  
Child & Family Trust

All workshops will be held at Scissett Middle School, 171 Wakefield Rd, Scissett, Huddersfield HD8 9JX

Please book on Eventbrite by following the links on the next page.

Limited places available.



## FURTHER WORKSHOP INFORMATION AND BOOKING:

**Understanding and Supporting Anxiety** – Information about what anxiety is and resources to support and manage your child's anxiety when this becomes overwhelming. Book here:

<https://www.eventbrite.co.uk/e/understanding-and-supporting-anxiety-parent-carer-workshop-tickets-265140491347>

**The Impact of the Digital Age on Mental Wellbeing-** Information on how to keep our children and young people emotionally safe using the internet and social media raising awareness of how they may be emotionally impacted. Book here:

<https://www.eventbrite.co.uk/e/the-impact-of-the-digital-age-on-mental-wellbeing-tickets-265145115177>

**The Teenage Brain** – Information on the changes which occur in teenagers and how we can support them constructively through this time of change. Book here:

<https://www.eventbrite.co.uk/e/the-teenage-brain-parent-carer-workshop-tickets-265149438107>

