

**NEW DATES FOR
2022!**

Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

Dates for the following online workshops in 2022 are now available to book on to.

The workshops are delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

Understanding Anxiety

We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

Wednesday 2nd March, 10am – 11:30am

Emotional Wellbeing

We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

Wednesday 9th February 10am – 11:30am

Understanding ADHD

This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the assessment process.

Monday 14th February 10am – 11:30am

To access the CAMHS parents and carers workshops, please contact: TEWV.CAMHS-Training@nhs.net

And provide the following information:

- Which workshop(s) and date you would like to access
- Your name
- The school(s) your child(ren) attend
- Which locality you live
- Email address
- Age(s) of your child(ren)



Visit our webpage www.TEWV.nhs.uk/CAMHSTraining for details of all training we provide

