

# PARENT WORKSHOP CALM AND CONNECTED

SUPPORTING YOUR CHILD WITH  
MANAGING STRESS



**NHS**  
**North London**  
NHS Foundation Trust

**MYME**   
My Young Mind Enfield



**Date: Monday 04/08/2025**

**Time: 12:30pm-1:45pm**

We are offering a specialist parent workshop for parents/ carers of secondary aged children. The workshop will focus on:

- Understanding stress
- How we can help our children manage stress
- Tips and strategies to help with stress

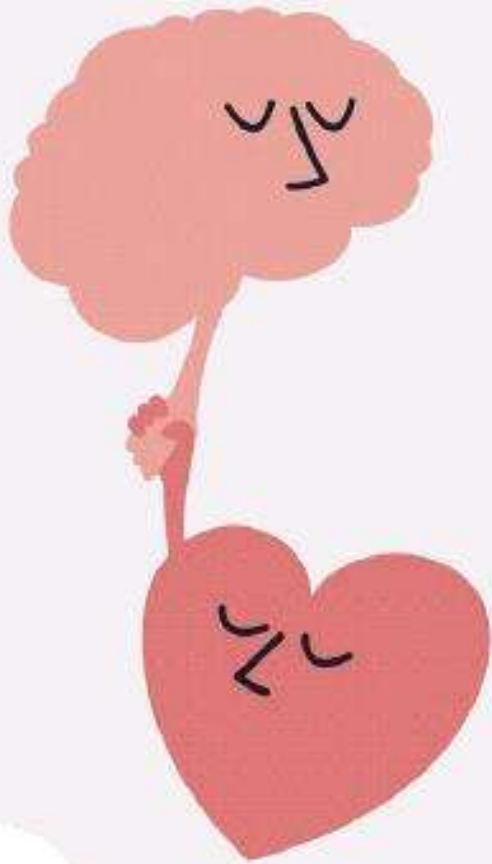
The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

<https://forms.office.com/e/nTGTKqXE5N>

Summer 2025- Online Parent  
Wellbeing Workshop Programme  
on Managing Stress





**NHS**  
**North London**  
NHS Foundation Trust



## FEELINGS IN FOCUS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

**Date: Tuesday 19/08/2024**

**Time: 10am- 11:15am**

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's emotions. This workshop focuses on exploring strategies and techniques to help parents support their children with understanding and managing emotions.

The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

**You can sign up to the workshop using the link below or QR Code.**

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Summer 2025- Online Parent  
Wellbeing Workshop Programme  
on Emotional Wellbeing







## THE BUILDING BLOCKS OF BEHAVIOUR -

# UNDERSTANDING BEHAVIOUR & GUIDING YOUR CHILD

**Date: Tuesday 12/08/2025**

**Time: 10am-11:15am**

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's behaviours at home, or those who would like further advice around how they can continue to support their child's behaviour. The workshop will focus on:

- Understanding and making sense of your child's behavioural difficulties and the emotions that may be underneath
- Providing some ideas and strategies to help support your child's behaviour and emotional wellbeing

We believe that all parents/ carers are experts on their children, and so the workshop will be interactive. The workshop will run for approximately 1 hour 15 minutes and will be delivered by two Wellbeing Practitioners from MYME via Microsoft Teams.

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Summer 2025- Online Parent  
Wellbeing Workshop Programme  
on Child Behaviour







## PARENT WORKSHOP

# REGULATING RESPONSES

**Date: Tuesday 29/07/25**

**Time: 2pm-3pm**

'Regulating Responses' is a workshop for parents of primary and secondary aged children to consider the links between sensory differences and emotional regulation, and how with this knowledge parents and carers can start to support their children and young people's emotional wellbeing.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

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Summer 2025- Online Parent  
Wellbeing Workshop Programme  
on Sensory Differences





# CULTIVATING COURAGE - SUPPORTING YOUR CHILD WITH ANXIETY

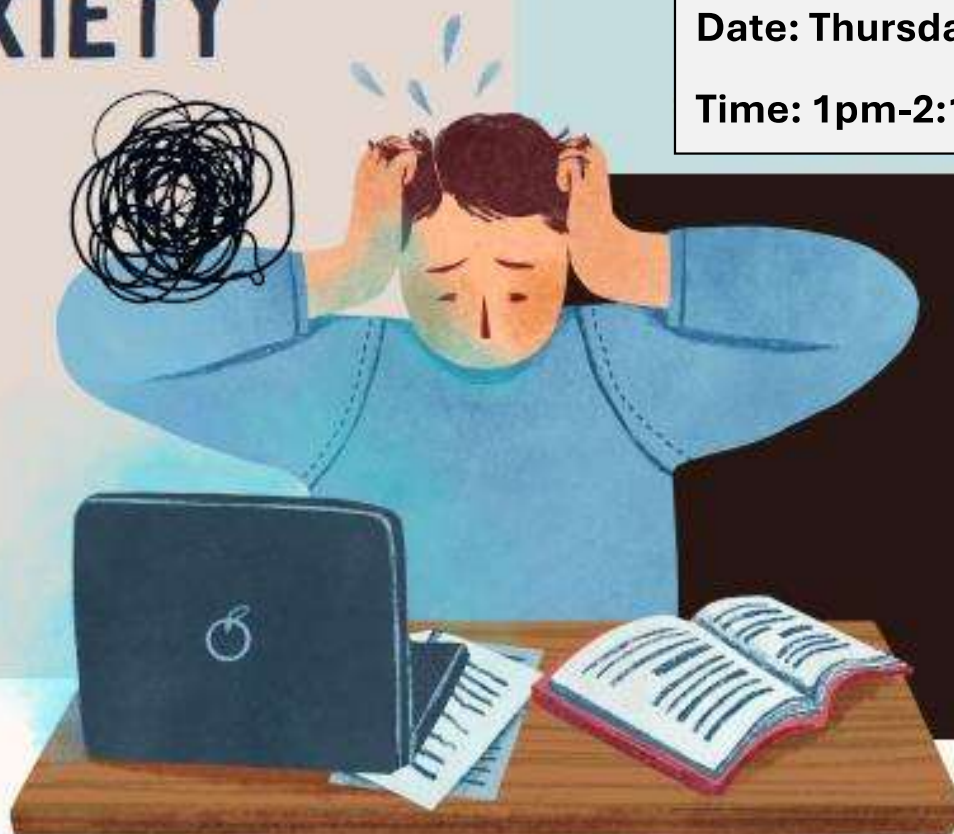


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My Young Mind Enfield

**Date: Thursday 28/08/2025**

**Time: 1pm-2:15pm**



We are offering a specialist parent workshop for parents/ carers of primary and secondary aged children. The workshop will focus on how to support children's feelings of anxiety and the strategies that could be used to cultivate courage and ways of coping. In this workshop you will:

- Understand how anxiety is developed and maintained
- Build confidence in identifying and managing feelings of anxiety
- Learn about the types of anxiety that children may experience
- Learn strategies to support when anxiety shows up

The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

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Summer 2025- Online Parent  
Wellbeing Workshop Programme  
on Anxiety

