



Parent workshops

Supporting your children's wellbeing

Managing separation anxiety

Wednesday 4th August, 11am

[More info and book here](#)

Monday 16th August, 3pm

[More info and book here](#)

Managing your child's anxiety

Tuesday 17th August, 9.30am

[More info and book](#)

Young people who self-harm

Monday 26th July 11am

[More info and book here](#)

Monday 16th August 4.30pm

[More info and book here](#)

Transition to Secondary School

Thursday 29th July, 4pm

[More info and book here](#)

Thursday 18th August, 4pm

[More info and book here](#)

Helping your child stay calm

Thursday 5th August, 1pm

[More info and book here](#)

Supporting young people with low mood

Tuesday 13th July, 6pm

Tuesday 3rd August, 12pm

[More info and book here](#)