

### With Me In Mind Virtual Workshops (Free)

Date	Time	Workshop	Workshop Description	Online link
Monday 23rd January	10-11am	Low Mood	Join us to explore low mood and think about how it is more than just 'January Blues'. We will look at hints and tips to support with combating low mood and feeling more positive.	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2i1NTgwMzgtYTQzMy00MzJkLTK4MWEtMjg4Y2JjNTRmNjYz%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2i1NTgwMzgtYTQzMy00MzJkLTK4MWEtMjg4Y2JjNTRmNjYz%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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Tuesday 28th February	10-11am	Worries	We will explore worries and how this can have a negative effect on our mental health and wellbeing. Includes some top tips on how to combat worries and feel more positive day to day.	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_Y2RjZTg5OWYtNmlyZC00NGE3LWl4YmYtNTBkNWQ2OtczM2Nh%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_Y2RjZTg5OWYtNmlyZC00NGE3LWl4YmYtNTBkNWQ2OtczM2Nh%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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Wednesday 29th March	10-11am	Self-Esteem	Join us to explore self-esteem and to think about how this effects our emotional wellbeing. We will look at hints and tips on how you can support your child with developing and uplifting their self-esteem.	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzdiOGNjMzYtYThhMS00MWRhLWJkN2MtM2FkNjYkYjZIMThj%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzdiOGNjMzYtYThhMS00MWRhLWJkN2MtM2FkNjYkYjZIMThj%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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Thursday 27th April	10-11am	School Transition	Join us to explore transition and talk about how this is both an exciting and scary part of life. We will look at ways you can support your child when thinking about transition so that they feel more confident throughout the process.	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTNjNTAwMDMtMWY3ZS00MTILWFmMTMtOTFIZGFkZTEyMWQw%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTNjNTAwMDMtMWY3ZS00MTILWFmMTMtOTFIZGFkZTEyMWQw%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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Tuesday 23rd May	10-11am	Emotion Regulation	Join us to explore how important it is for children to be able to recognise emotions and have strategies in place to be able to regulate our emotions. We will look at triggers for heightened emotions and think about how you can support your child with regulating themselves.	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDAyMzIzODItOTAxZS00ZjdmLWExMzMtZjc0OTU3ZmNiZjBl%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDAyMzIzODItOTAxZS00ZjdmLWExMzMtZjc0OTU3ZmNiZjBl%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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Wednesday 28th June	10-11am	Self-Harm	Join us to explore understanding how to spot the signs of self-harm and how you can support your child with safer ways to communicate what is going on for them	<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_Nzk4MzI4ODktNGJiMS00ZjEYlWJmMTYtYWU1ODgzNzFjNzM1%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_Nzk4MzI4ODktNGJiMS00ZjEYlWJmMTYtYWU1ODgzNzFjNzM1%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%2239472ef6-e6d8-4102-8322-61fa76739abc%22%7d</a>
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