

For parents & carers**Day time session
10-11am**

With me in mind will be delivering online parent workshops, aimed at primary school parents, covering a range of topics to support parents to support their child with emotional health and wellbeing. Please email rdash.wmim-nlincs@nhs.net with the session you would like to attend and you will be sent the link or click on the joining links below at 10am on the day.

**Monday 23rd January
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.

[Join here](#)

**Tuesday 28th February
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.

[Join here](#)

**Wednesday 29th March
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.

[Join here](#)

**Thursday 27th April
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.

[Join here](#)

**Tuesday 23rd May
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.

[Join here](#)

**Wednesday 28th June
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.

[Join here](#)

For parents & carers**Evening
session 6-7pm**

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