

Supporting Young People's Mental Health Parent/Carer Workshops Summer Term 2025

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



Building Confidence and Managing Anxiety in Your Child - Part 1 (of 2):

Thurs 24th April 18:00 - [BOOK HERE](#) (please also book part 2)

Building Confidence and Managing Anxiety in Your Child – Part 2 (of 2):

Thurs 1st May 18:00 - [BOOK HERE](#) (please also book Part 1)

Supporting Your Child/Young Person with Emotion Based School Avoidance:

Wed 30th April 13:00 - [BOOK HERE](#)

Supporting Your Child/Adolescent with Anxiety: Thurs 1st May 13:00 - [BOOK HERE](#)

Supporting your Child to Manage their Big Feelings: Tues 20th May 13:00 - [BOOK HERE](#)

Understanding the Adolescent Brain: Supporting our Teenagers with Emotions

Thurs 22nd May 12:00 - [BOOK HERE](#)

Supporting Your Child with Bereavement: Mon 23rd June 12:00 - [BOOK HERE](#)

Tools for Managing Uncertainty and Building Resilience: Tues 24th June 12:00 - [BOOK HERE](#)

Parenting the Anxious Adolescent – Part 1 (of 2): Thurs 26th June 18:00 - [BOOK HERE](#) (please also book Part 2)

Parenting the Anxious Adolescent – Part 2 (of 2): Thurs 3rd July 18:00 - [BOOK HERE](#) (please also book Part 1)

Building Resilience: Managing the Next Steps: Wed 9th July 13:00 - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child - Part 1 (of 2):

Thurs 21st August 18:00 (please also book part 2) - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – Part 2 (of 2):

Thurs 28th August 18:00 (please also book Part 1) – [BOOK HERE](#)

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