



Supporting your child with fears, worries and emotional resilience



Online Parent Workshops



by Thought-Full MHST

Does your child **worry**? About a variety of themes?

Do you feel they worry **a lot?** or **too much?**

If so, this course is for you!

Thought-Full mental health support team is hosting a series of online parent workshops which use evidence-based approaches to help you to better understand your child's fears and worries and support their emotional wellbeing.

Thursdays



 **5:30-6:45pm**

SESSION TITLES

13/11 Understanding anxiety & worries

20/11 Strategies to support Session 1

27/11 Strategies to support Session 2

4/12 Emotion Coaching

11/12 Encouraging Resilience



LEARN ABOUT THE BRAIN



GAIN IDEAS



SHARE QUICK WINS



CONNECT WITH OTHER FAMILIES



PROBLEM SOLVE TOGETHER

How?

To secure your place, email these details:

1. Your full name
2. Your child's school
3. Your preferred contact email address to Thought-full@westsussex.gov.uk

