

# Psychology in schools team\*

## Parent workshop programme

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-minutes long and will be recorded so anyone unable to attend can watch the workshop.

### Workshops

#### May 2021

##### Supporting our young people with sleep

Date:

- Monday 24 May 1pm and 6pm

[Book a place](#)

#### June 2021

##### Supporting our young people with anxiety

Date:

- Tuesday 29 June 6pm

[Book a place](#)

##### Supporting our young people with anxiety

Date:

- Tuesday 25 May 6pm

[Book a place](#)

##### Supporting our young people with low mood

Date:

- Tuesday 29 June 7.15pm

[Book a place](#)

##### Supporting our young people with low mood

Date:

- Tuesday 25 May 7.15pm

[Book a place](#)

##### Building resilience: Managing the next steps

Dates:

- Monday 28 June, 1pm

[Book a place](#)

- Monday 28 June, 6pm

[Book a place](#)

**If you miss a workshop or want to watch it again you can find them all on the NSFT YouTube channel: Children and Young People – YouTube.**

**Please follow us on [Eventbrite](#) to stay up to date and receive notifications for new workshops and events**

\*The psychology in schools team is made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services. They have both generic and specialist skills and are trained across the life-span to work with both children and adults. As a team we are passionate about empowering communities to support the emotional wellbeing and mental health of children and young people and work in schools across Suffolk.