

Children's Wellbeing Practitioner Workshops (January-March 2024)

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.</p>	<p>Thursday 25th January 10am-12pm Monday 4th March 6-8pm</p>
<p style="text-align: center;">Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.</p>	<p>Wednesday 10th January 6-8pm Tuesday 19th March 6-8pm</p>
<p style="text-align: center;">Supporting your Child's Self-Esteem A workshop focused on parents/carers supporting their child to improve their self-esteem.</p>	<p>Thursday 8th February 6-8pm</p>
<p style="text-align: center;">Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.</p>	<p>Tuesday 13th February 10-12pm</p>
<p style="text-align: center;">Supporting your Child's Resilience A workshop focused on parents/carers supporting their child to improve their resilience.</p>	<p>Monday 15th January 10-12pm Wednesday 27th March 6-8pm</p>
<p style="text-align: center;">Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Tuesday 9th January 6-8pm Friday 9th February 10-12am Thursday 21st March 6-8pm</p>
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.</p>	<p>Tuesday 23rd January 10-12pm Monday 12th February 6-8pm Monday 11th March 10-12pm</p>
<p style="text-align: center;">School Transitions A workshop supporting children and adolescents with managing school transitions.</p>	<p>n/a</p>
<p style="text-align: center;">Exam Stress A workshop supporting children and adolescents with managing exam stress.</p>	<p>n/a</p>

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>