

FREE PARENT WEBINARS

for supporting your secondary aged
child with mental health and wellbeing

Provided by your Mental Health Support Team

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Do you want help supporting your child?
We offer a variety of online workshops to
help you to support your child.

Coming up in January, we have:

✓ **Understanding Anxiety & Emotional Based
School Avoidance (EBSA)**
14th January 7pm

In this workshop, we'll look at why anxiety happens, what keeps EBSA going and the impact of avoidance. Parents will also learn practical tools such as grounding techniques, problem solving, worry time and thought challenging to help support their child's confidence, wellbeing and return to learning.

✓ **Introduction to Understanding ADHD**
20th January 10am

This workshop will explore what ADHD is, how it can affect daily functioning at home and school and the challenges it may bring. The session also offers practical strategies and ideas for how parents can support their child's learning, wellbeing and self-esteem. Parents will leave with a greater understanding of ADHD and tools they can use to help their child thrive.

