

# Parent Webinar Series

Dear Parent/Carer,

Our Mental Health Support Team (MHST) School Practitioner from Camden Open Minded is excited to be able to offer you a parent webinar series which includes the following topics:

- Parent Self Care
- 'Good enough' parent and child interactions
- Managing routines for your child
- Understanding and supporting your child with worries

Webinars are **proposed** to run on the following dates and times:

Topic	Day and Date	Time
Parent Self Care	Webinar already completed (will repeat)	N/A
'Good enough' Parent and Child interactions	Tuesday May 12th	10.30am
Managing Routines with your child	Tuesday May 19 <sup>th</sup>	10.30am
Understanding and supporting your child with worries	Tuesday June 2 <sup>nd</sup>	10.30am

Please also see the attached webinar flyer:

[MHST Parent Webinar](#)

You can opt in for whichever topic feels most appealing and you are also welcome to express interest in all 4 webinars.

If you wish to attend, please express your interest to Faye by emailing:

f.winslade@brookfield.camden.sch.uk

- Your name
- The webinars you are interested in.
- Your number

- Your availability- *this is needed incase the session needs to be rescheduled due to low numbers.*

Please note that by doing this, you are also giving permission for the school to share your email with the MHST. The MHST will then contact you via email to send you the link as well as key information which will include:

- How to join the session;
- How to use the zoom platform;
- Further information around how the MHST will ensure confidentiality and your online safety.

**Please note that numbers are limited to 8 parents per session, therefore places are first come first served.** The MHST have said they will be able to accept parents up to one hour before the session **provided there is space and they haven't needed to re-schedule due to low numbers.**

If you have any questions or want further information in advance of the webinars, please let the school know so they can share your phone contact details and the MHST School Practitioner who will give you a call.

We understand that the dates and times may not suit all, the MHST have advised that they hope to run another cycle of these webinars in the coming weeks should lockdown continue.

Many thanks,  
Faye Winslade  
Assistant Head

*Best wishes,*

*Abra McNamara  
School Practitioner*

*Mental Health Support Team (MHST) for North Camden  
The Tavistock and Portman NHS Foundation Trust*

**Working hours: Monday to Friday, 9- 5pm**  
*North Camden Admin- 0208 938 2232*

