

Parent Webinar Series

Who are we?

The **Mental Health Support Team (MHST)** works with children, their families and schools across Camden to support the mental health of young people. We aim to help children stay emotionally well or resolve problems before they become bigger. We provide this support in different ways; for example, through meeting one to one with children and parents, or via groups, workshops and parent coffee mornings. Much of our support focuses on helping children manage their worries, improve their mood and foster healthy relationships.

Due to the current Coronavirus situation, our service is now working remotely. As part of our remote offer, we will be running parent workshops through webinars on the online forum Zoom, as well as two online groups for students.

Webinars for Parents of Children of Primary School Age

As this is a challenging and uncertain time for many families, we have created four parent workshops which we hope will cover a range of topics that you will find helpful at this time. Each one-hour workshop will provide a space for discussion, learning and sharing. The workshop topics are:

Promoting Parent Self-Care

This workshop will provide thoughts and ideas on the importance of self-care. Facilitators will discuss new tools and techniques to use at home and there will be space for parents to share their experiences of self-care, including barriers that they might have come across.

“Good enough” Parent and Child interactions

This workshop will provide sharing and information on how to spend quality time with your child in order to foster attachment and security during periods of uncertainty.

Supporting Routines

This webinar aims to help parents think about how to set up and plan manageable routines. The group will focus on activities that can be included in daily routines and the importance of scheduling time for self-care.

Supporting your child with Worries

This webinar provides information on common worries in childhood and what to do when children find worries difficult to manage. The group will also provide a forum to discuss every day worries and helpful strategies that parents can use to support children.

How to be Involved

Parent workshops will be open to all parents/cares, attending either individually or as couples.

If you would like to find out when parent sessions are being held for your school please contact your school's Designated Mental Health Lead:

DMHL: Faye Winslade



Telephone number 02072729627



Email address
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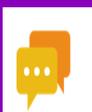
For Further information

If you would like to speak to the practitioner linked to your child's school, please ring or email:

School Practitioner: Abra Mcnamara



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