

February - Worries

Join us to explore worries and how this can have a negative effect on our mental health and wellbeing. We will share some top tips on how to combat worries and feel more positive day to day.

Tuesday 28th February at

10-11am Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

6-7pm Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

March - Self-esteem

Join us to explore self esteem and to think about how this effects our emotional health and wellbeing . We will look at hints and tips on how you can support your child with developing and uplifting their self-esteem.

Wednesday 29th March at

10-11am Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

6-7pm Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

April - School transition

Join us to explore transition and talk about how this is both an exciting and scary part of life. We will look at ways you can support your child when thinking about transition so that they feel more confident throughout the process.

Thursday 27th April at

10-11am Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

6-7pm Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

May - Emotion Regulation

Join us to explore how important it is for children to be able to recognise emotions and have strategies in place to be able to regulate our emotions. We will look at triggers for heightened emotions and think about how you can support your child with regulating themselves.

Tuesday 23rd May at

10-11am Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

6-7pm Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

June - Self harm

Join us to explore understanding how to spot the signs of self harm and how you can support your child with safer ways to communicate what is going on for them.

Wednesday 28th June at

10-11am Link below:

Microsoft Teams meeting

Join on your computer or mobile app

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6-7pm Link below:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)