

Psychology in schools team*

Parent workshop programme

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-minutes long and will be recorded so anyone unable to attend can watch the workshop.

Workshops

March 2021

Supporting our young people with tools for managing uncertainty

Dates:

- Monday 22 March 1pm
- Monday 22 March 6pm
- Tuesday 23 March 6pm
- Tuesday 23 March 7.15pm

Book a place

Supporting our young people with eating difficulties/disorders (in collaboration with Wednesday's Child)

Date:

- 25 March 7pm

Book a place

April 2021

Understanding the adolescent brain: How to support our teenagers with their emotions

Dates:

- Monday 26 April 1pm
- Monday 26 April 6pm

Book a place

Supporting our young people with anxiety:

Date:

- 27 April 6pm

Book a place

Supporting our young people with low mood:

Date:

- 27th April 7.15pm

Book a place

If you miss a workshop or want to watch it again you can find them all on the NSFT

YouTube channel: Children and Young People – YouTube

[Surviving lockdown mark 3](#)

[Supporting our young people with anxiety in adolescence](#)

[Supporting our young people with low mood](#)

*The psychology in schools team is made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services. They have both generic and specialist skills and are trained across the life-span to work with both children and adults. As a team we are passionate about empowering communities to support the emotional wellbeing and mental health of children and young people and work in schools across Suffolk.