

## Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

Dates for the following online workshops in 2022 are now available to book on to.

The workshops are delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

### Understanding Anxiety

We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

### Emotional Wellbeing

We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

### Understanding ADHD

This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the

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### Sleep

This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.



Visit our webpage [www.TE WV.nhs.uk/CAMHSTraining](http://www.TE WV.nhs.uk/CAMHSTraining) for dates and details of all training we provide



To access the CAMHS parents and carers workshops, please contact: [TE WV.CAMHS-Training@nhs.net](mailto:TE WV.CAMHS-Training@nhs.net)

And provide the following information:

- Which workshop(s) and date you would like to access
- Which locality you live
- Your name
- Email address
- The school(s) your child(ren) attend
- Age(s) of your child(ren)