

## MHST Workshops

**Corby MHST are offering some parent workshops over the summer holidays at Willowbrook Health Centre**

Please see below information of the workshops being offered:

**Tuesday 15<sup>th</sup> August, 1:30pm - 2:30pm - Talking to my child about mental health**

Addressing mental health and wellbeing with your children can seem challenging or even daunting. In this workshop, we will discuss the importance of having these conversations in a healthy and positive way and share strategies to support this across all age groups. This workshop is suitable for parents/carers with children without any mental health concerns or parent of children with mild to moderate needs.

**Tuesday 15<sup>th</sup> August, 3pm - 4pm - Understanding and supporting my child's anxiety: school avoidance.**

Parents/carers can be the first to observe a change in their child's mood and can play a crucial role in addressing difficulties. Whilst anxiety is a common and healthy emotion, it may present in a range of ways, and therefore be difficult for parents/carers to explore. It is also common for children and young people to display anxieties about going back to school which can result in school avoidance. This workshop will provide some theoretical and practical guidance on how to understand and manage anxiety, particularly when anxiety impacts school attendance.

Please see the link for Microsoft Forms to register your interest:

<https://forms.office.com/e/5YjJ8PPZZ9>

The closing date for parents to complete the expression of interest to attend the parent workshops is Friday 4th August, 2023.