

## Period: 2023 to 2024 Parent Information Sessions for Warwickshire parents and carers

## Courses available online - via Zoom

Understanding and Supporting Children aged 3-11 Years with Anxiety Thursday 19 October, 11.00am to 1.00pm

**Understanding and Supporting Children and Young People with Emotionally Based School Avoidance** 

Tuesday 17 October, 2.30pm to 4.30pm

Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 26 October, 10.00am to 12.00pm

**Understanding Emotion Regulation in School Aged Children** 

Friday 10 November, 12.00pm to 2.00pm

**Understanding Self-esteem in Children and Young People** 

Monday 20 November, 12.30pm to 2.30pm

**Understanding and Supporting School Aged Children Who Self-harm** 

Tuesday 5 December, 10.00am to 12.00pm

**Understanding Sensory Needs in School Aged Children** 

Tuesday 19 December, 12.30pm to 2.30pm

**Understanding Low Mood in Children and Young People** 

Wednesday 29 January, 12.30pm to 2.30pm

Places on our workshops are subject to availability. To book your place please email <a href="mailto:risecommunityoffer@covwarkpt.nhs.uk">risecommunityoffer@covwarkpt.nhs.uk</a>





