

MHST SUMMER WEBINARS & WORKSHOPS

For parents of children
attending an MHST school

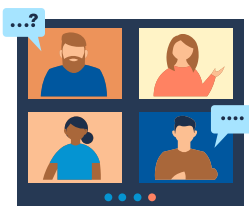
CWP NHS are
delivering a
series of **FREE**
group
interventions
for parents.

Fear Less - Kingsley Resource Centre 12 August 9.30am to 4.30pm

For parents/carers of school aged children 6 to 14 years with moderate anxiety. Fear Less is an evidence based intervention and this one day workshop includes understanding about anxiety, learning to encourage your child's coping skills to manage their anxiety; building on problems solving skills and gaining confidence as a parent supporting your child



Webinars - ONLINE 1 hour



For parents/carers of school aged children 6 to 18 years who would like to understand more about how either anxiety, low mood or sleep difficulties work and learn tips, techniques and practical ways in which to support their child. Webinars are held online and are delivered by qualified mental health practitioners.

6 AUGUST - ANXIETY 10-11AM

13 AUGUST - LOW MOOD 10-11AM

20 AUGUST - SLEEP PROBLEMS 10-11AM

Supportive,
Friendly &
non-
judgemental



To join a webinar or book a place
on the Fear Less workshop for
parents/carers **PLEASE** email
cwp.cheshiremhstadmin@nhs.net