

## 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 <u>risecommunityoffer@covwarkpt.nhs.uk</u>





Coventry and Warwickshire Partnership NHS Trust