

Free workshops for parents and carers to support the emotional wellbeing of young people

Free online workshops are being held in April and May to help parents and carers support the mental health of the children they care for.

The workshops are provided by Norfolk and Suffolk Foundation Trust (NSFT) Psychology in Schools Team.

Workshops available include:

- Understanding the adolescent brain: How to support our teenagers with their emotions - 26.04.21
- Supporting young people with anxiety - 27.04.21
- Supporting young people with low mood - 27.04.21
- Supporting young people with sleep - 24.05.21

Dr Beth Mosley, consultant clinical consultant at NSFT said:

“We welcome parents and those who support young people to attend these workshops. They're full of advice and opportunities to learn more about the way young people's brains work and the power of relationships.

"We aim to make these sessions as interactive and practical as possible. You'll come away feeling empowered to make a difference not only in your child's life but also for yourself.”

[Visit the Psychology in Schools Eventbrite page](#) for full details, dates and to book your place.

Catch-up

Previous sessions are available to watch on the trust's YouTube channel:

- [Supporting our young people with tools for managing uncertainty](#)
- [Supporting our young people with eating difficulties](#)
- [Supporting our young people with low mood](#)