

Supporting Young People's Mental Health

Parent/Carer Workshops Autumn Term 2025



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



Building Confidence and Managing Anxiety in Your Child - Part 1

For parents/carers of children or young people aged under 12. This is the first part of a two-part webinar and is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children and young people. **(Please also book part 2).**

Thursday 18th September 17:00 PM - [BOOK HERE](#)

Supporting your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 22nd September 13:00 PM - [BOOK HERE](#)

Supporting your Child/Adolescent to Regulate their Emotions

For parents/carers of children and young people aged 5-18 This workshop introduces emotional dysregulation and explores what can impact on a child's ability to regulate their emotions. It goes on to provide the practical tools to support your child to develop self-regulation skills.

Tuesday 23rd September 12:00 PM - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – Part 2

For parents/carers of children or young people aged under 12. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their young people. **(Please also book part 1).**

Thursday 25 September 17:00 PM – [BOOK HERE](#)

Supporting your Child with Emotion Based School Avoidance (ESBA)

For parents/carers of children and young person aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 21st October 12:00 PM – [BOOK HERE](#)

Parenting and Anxious Adolescent – Part 1

For parents/carers of children and adolescents who are aged 12 and above. This is the first part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety. **(Please also book Part 2).**

Thursday 13th November 17:00 PM - [BOOK HERE](#)

Supporting Your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 17th November 13:00 PM - [BOOK HERE](#)

Supporting Your Child/Young Person with Sleep (0-11 years)

For parents/carers of primary aged children and young people. Difficulties with sleep are common in children. Sleep difficulties are not only frustrating, but they can impact on our mood and everyday life. This workshop will cover important topics such as why we need sleep, why younger children may struggle with this, and what you can do to try and support your child to have a better night's sleep.

Tuesday 18th November 13:00 PM - [BOOK HERE](#)

Parenting and Anxious Adolescent – Part 2

This workshop is for parents and carers of children and adolescents aged 12 and above, who have attended or viewed a recording of the Psychology in Schools Team anxiety workshop "Supporting our Young People with Anxiety" and attended the "Parenting the Anxious Adolescent – Part 1. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people. **(Please also book Part 1).**

Thursday 20th November 17:00 PM - [BOOK HERE](#)

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 9th December 12:00 PM - [BOOK HERE](#)