

Child and Adolescent Mental Health Parent Workshops

Free virtual workshops:

- Understanding and Supporting Self-Harm
- Supporting your child to Manage Big Feelings
- Tools for Managing Worry and Uncertainty
- Supporting Teenagers with Emotions
- Supporting your child with Bereavement
- Supporting your child/Adolescent with Anxiety
- Managing Changes and Transitions as we enter the summer holidays



Access here: <https://nsft.uk/Workshops>