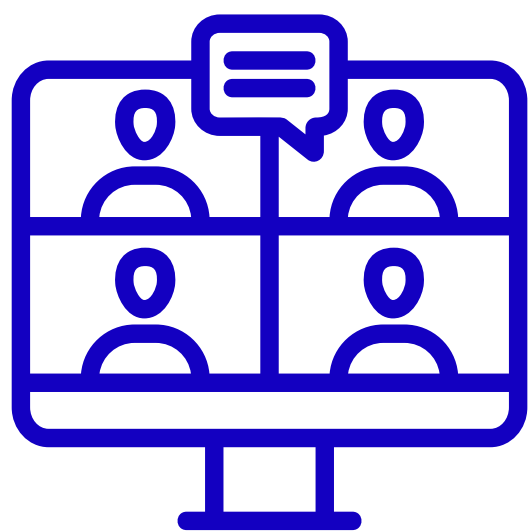


Online Parent Groups



Challenging Behaviour

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks.

This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

14th February - Session 1
HALF TERM

28th February - Session 2
6th March - Session 3
13th March - Session 4
20th March - Session 5
27th March - Session 6

Wednesdays 13.00-14.30 via Zoom

Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

29th February - Session 1
7th March - Session 2
14th March - Session 3
21st March - Session 4

Thursdays 13.00-14.30 via Zoom



Supporting Teenagers Emotion Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks.

This will look at ways to help your teenager manage their emotional wellbeing.

27th February - Session 1
5th March - Session 2
12th March - Session 3
19th March - Session 4 (optional)

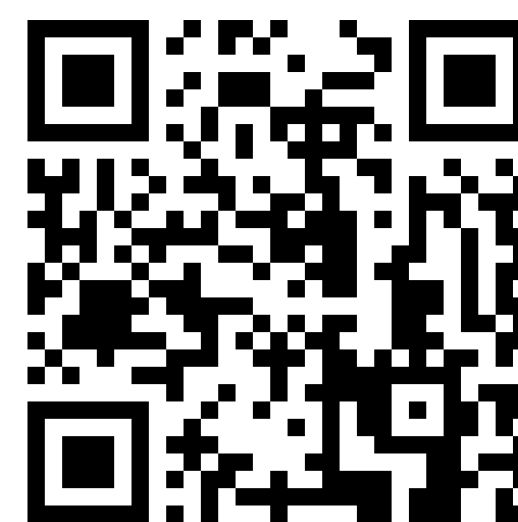
Tuesdays 17.30-19.00



To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:

Harlow - mhstharlow@mindinwestessex.org.uk

Epping Forest - mhsteppingforest@mindinwestessex.org.uk

Uttlesford - mhstuttlesford@mindinwestessex.org.uk

There are limited places available so please book your place as soon as possible. If you would like to access the course, but do not have access to the internet, please see your school or contact our team (see above)