

## Children & Young People's Mental Health Support Team

### Online Parent Groups



<p><b>Child Anxiety</b></p> <p>Monday 19<sup>th</sup> September 2022 Monday 26<sup>th</sup> September 2022 Monday 3<sup>rd</sup> October 2022 Monday 10<sup>th</sup> October 2022</p> <p>1:30-2:30pm via Zoom</p>	<p><b>Challenging Behaviour (at home)</b></p> <p>Tuesday 20<sup>th</sup> September 2022 Tuesday 27<sup>th</sup> September 2022 Tuesday 4<sup>th</sup> October 2022 Tuesday 11<sup>th</sup> October 2022 Tuesday 1<sup>st</sup> November 2022 Tuesday 8<sup>th</sup> November 2022</p> <p>5-6pm via Zoom</p>
<p><b>Supporting Teenagers Emotional Wellbeing</b></p> <p>Thursday 22<sup>nd</sup> September 2022 Thursday 29<sup>th</sup> September 2022 Thursday 6<sup>th</sup> October 2022 Thursday 13<sup>th</sup> October 2022</p> <p>10:30-11:30am via Zoom</p>	<p><b>Helping your Child Manage their Emotions</b></p> <p>Thursday 22<sup>nd</sup> September 2022 Thursday 29<sup>th</sup> September 2022 Thursday 6<sup>th</sup> October 2022 Thursday 13<sup>th</sup> October 2022</p> <p>5-6pm via Zoom</p>

To access this FREE service you must:

- **Have a child attending an Epping Forest District school that we are currently working with:**

Davenant Foundation School, King Harold Academy, Leverton Primary School, Limes Farm Junior School, New City College, Ongar Primary School, Thomas Willingale Primary School and Nursery, The Ongar Academy, Coopersale and Theydon Garnon C.E. Primary School, Upshire Primary Foundation School, Debden Park High School, Roding Valley High School, Epping St John's Church of England School, West Hatch High School, The Alderton Junior School, Hillhouse Church of England Primary School, Stapleford Abbots Primary School and Limes Farm Infant School and Nursery.

- **Have access to Zoom**
- **Able to attend all pre-planned sessions**

We hold a waiting list for all of our courses. If you are interested, please complete the application form: [Online Parent Group - Registration Form](#)

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 us at

[mhsteppingforest@mindinwestessex.org.uk](mailto:mhsteppingforest@mindinwestessex.org.uk)

**There are limited places available so please book your place as soon as possible.**