

Mental Health Support Teams in Schools

Children & Young People's Mental Health Support Team

Online Parent Groups

We deliver FREE online courses for parents. These are delivered via Zoom. We have a range of courses available. We run these groups on a rolling program. They are delivered by one of the team's Educational Mental Health Practitioners (EMHP). All work is evidence-based following Cognitive Behavioural Therapy (CBT) principles.

For the courses to work affectively it is important the parent/carer engages well and attends all planned sessions. The courses are popular and in demand, so if you cannot make all sessions, please let us know asap, so that we can offer the space to someone else.

The groups we deliver include:

LGBTQ+ An Overview



With an increasing awareness that it's becoming more acceptable to talk about LGBTQ+, gender questioning and sexuality, we are getting requests from parents who want to be more informed. The intention of this course is simply to let parents know about the different terms, what they mean and a general awareness. There will also be links to resources for further information.

Helping your Child Manage their Emotions

This is a 4 part course run over four weekly one-hour sessions. This will help equip parents with tools and strategies to help their children regulate their emotions. The group is suitable for parents of children aged 4-11 years.



Supporting Teenagers Emotional Wellbeing



This is a 4 part course run over four weekly one-hour sessions. This will look at ways to help you teenager manage their emotional wellbeing. The group is suitable for parents of children aged 12-19 years.

Child Anxiety

This is a 4 part course run over four weekly one-hour sessions. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help. The group is suitable for parents of children aged 4-11 years.



Challenging Behaviour (at home)



This is a 6 part course run over six weekly one-hour sessions. 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. The group is suitable for parents of children aged 4-11 years.

Please see the following details of upcoming confirmed courses.

ONLINE PARENT GROUPS



Challenging Behaviour (at home)

suitable for parents of children aged 4-11 years old.

Monday 07 November 2022

Monday 14 November 2022

Monday 21 November 2022

Monday 28 November 2022

Monday 5 December 2022

Monday 12 December 2022

10.30am-11.30am via Zoom

To access this FREE service you must:

- Have a child attending a Harlow school we are currently working with ie: 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 Abbotts Primary School, Hereward Primary School, Lambourne Primary School and High Beech Church of England Primary School.
- Have access to Zoom
- **Able to attend all pre-planned sessions**

We hold a waiting list for all our courses. If you are interested, please complete the following [Online parent group application](#). We ask for one group to be applied for at any one time. 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.

There are limited places available so please book your place asap

If you have any queries, please contact mhsteppingforest@mindinwestessex.org.uk