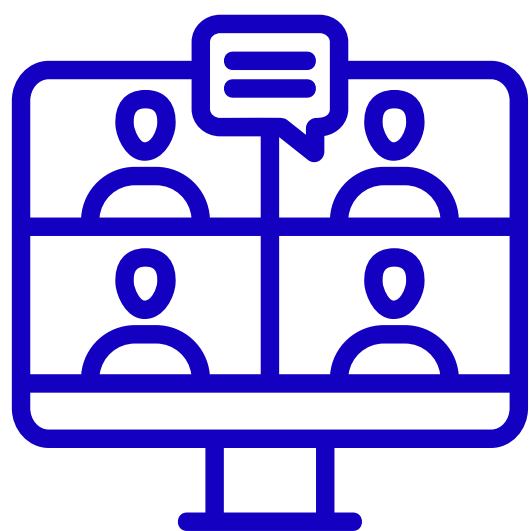


Online Parent Groups



Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 3 weeks, with an optional fourth session. This will look at ways to help your teenager manage their emotional wellbeing.

Monday 6th November 2023
Monday 13th November 2023
Monday 20th November 2023
Monday 27th November 2023 (optional)

5:30-7pm via Zoom

Challenging Behaviour (at home)

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.

Tuesday 7th November 2023
Tuesday 14th November 2023
Tuesday 21st November 2023
Tuesday 28th November 2023
Tuesday 5th December 2023
Tuesday 12th December 2023

7-8:30pm 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.

Thursday 9th November 2023
Thursday 16th November 2023
Thursday 23rd November 2023
Thursday 30th November 2023

1-2:30pm via Zoom



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.