

Now offering via
Microsoft Teams!



Coventry and Warwickshire Partnership 
NHS Trust

Warwickshire Primary Mental Health Team Parent Information Sessions via Microsoft Teams

Are you a parent or carer of a child or young person living in Warwickshire?

The Warwickshire Primary Mental Health Team offer free Parent Information Sessions
via Microsoft Teams with a Mental Health Clinician.

You will have the opportunity to learn about common emotional wellbeing concerns in
children/young people and find out what you can do to help.

Please email risecommunityoffer@covwarkpt.nhs.uk or call
07917 504 682 to receive a link and click to join the session!

TOPIC	DATE	TIME
Anxiety – Back to School	15 th September 2020	11.30am – 1.00pm
Self Esteem	16 th September 2020	10.00am – 11.30am
Challenging Behaviours	18 th September 2020	1.00pm – 2.30pm

Understanding and managing **Anxiety – Back to School** in school aged children

You will learn about different types of anxiety your young person might be experiencing on the return back to school following COVID 19. You will learn to identify the signs & symptoms of different types of anxiety including; generalised anxiety, separation anxiety and panic. You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Understanding and managing children's **Self Esteem**

You will learn about self-esteem and how it is developed over the span of a child's development. You will learn what healthy and low self-esteem looks like in a young person and some signs to look out for. You will learn practical strategies and techniques you can do at home to support your young person to improve their self-esteem. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Understanding and managing challenging behaviours in children aged 3-11 years

You will learn about social learning theory and why some children may develop difficult or challenging behaviours. You will have a greater understanding of some possible underlying causes of these behaviours. You will learn practical strategies and techniques that may be helpful to manage your child's difficult behaviours at home. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

PLEASE NOTE: All our sessions are aimed at early intervention and prevention and may not be suitable for those already involved with other Rise Services. These sessions are not suitable for parents of children/young people with moderate to severe learning needs.