NHS
West London
NHS Trust

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

AUTUMN TERM 2025

Over the Autumn term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

https://forms.gle/498J1SG2WXZ4q71h9

If you have any questions, please do email us on: Ealing.mhst@nhs.net

PRE AND POST-ATTENDANCE GUIDE

Step 1
Use our QR code to sign up for a workshop(s) of your choice

Step 2
You will be emailed a Microsoft Teams link several days before the workshop

Step 3
You'll receive another email reminder on the morning of the workshop

Step 4
All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

Step 5
To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session

Promoting hope & wellbeing **together**

SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents/carers of primary-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour.

Date: 18th September 2025
Time: 10:30am - 11:30am

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

Date: 26th September 2025
Time: 12pm - 1:30pm

SUPPORTING ANXIETY IN ADOLESCENTS PART 1

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 1 will focus on what anxiety is and how it's maintained.

Date: 1st October 2025
Time: 12pm - 1:30pm

INTRODUCTION TO OCD

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children who would like to learn more about the signs and symptoms of Obsessive Compulsive Disorder (OCD) and ways of supporting young people to fight back against compulsive behaviours.

Date: 3rd October 2025
Time: 11am - 12:30pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

Date: 10th October 2025
Time: 12pm - 13:30pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

Date: 16th October 2025
Time: 12pm - 1pm

SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children. It will explore the top tips for using social media, signs of positive and negative self-esteem, tips to support healthy self-esteem, and the relationship between social media and self-esteem.

Date: 22nd October 2025
Time: 10:15am - 11:30am

SUPPORTING ANXIETY IN ADOLESCENTS PART 2

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 2 will focus on strategies to manage anxiety in teens.

Date: 12th November 2025
Time: 12pm - 1:30pm

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

Date: 18th November 2025
Time: 12pm - 1:30pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

Date: 25th November 2025
Time: 12pm- 1pm

TEEN LOW MOOD AND SLEEP

This workshop is aimed at parents/carers of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood and sleep.

Date: 1st December 2025
Time: 12pm- 1pm

ADOLESCENT EXAM STRESS

This workshop supports parents/carers of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

Date: 8th December 2025
Time: 12pm- 1pm

Promoting hope & wellbeing **together**