

MENTAL HEALTH IN SCHOOLS TEAM

WORKSHOP MENU

2022



WORKSHOPS FOR YOUNG PEOPLE

Me and my worries 1 Hour
Key stage 1

Me and my worries 1 Hour
Key stage 2

Coping well with SATS 1 Hour
Year 6

6 Ways to wellbeing 1 Hour
Key stage 2

PARENT WORKSHOPS FOR KEY STAGE 1 & 2

Supporting your child with anxiety 1 Hour
Key stage 1 & 2 age parents and carers

Managing challenging behaviour 90 minutes
Key stage 1 & 2 age parents and carers

Helping your child manage their worries 1 Hour
Key stage 1 & 2 age parents and carers

WORKSHOPS FOR YOUNG PEOPLE IN SECONDARY AND COLLEGE

Managing worries 1 Hour

Exam stress 1 Hour

Understanding OCD 1 Hour

Understanding and managing panic attacks 2 X 45 minute

Understanding and managing social anxiety 1 Hour

Improving low mood 1 Hour

PARENT WORKSHOPS FOR SECONDARY AND COLLEGES

Supporting your child who struggles to control worry 1 Hour

Supporting your child who struggles with Social Anxiety 1 Hour

Supporting your child who struggles with Panic Attacks 1 Hour

Supporting your child who struggles with Exam stress 1 Hour

Supporting your child who experiences low mood 1 Hour