



Children & Young People's Mental Health Support Team

Online Parent Courses



Helping your Child Manage their Emotions

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

Friday 7 January 2022
Friday 14 January 2022
Friday 21 January 2022
Friday 28 January 2022

10.30-11.30am via Zoom

Supporting Teenagers Emotional Wellbeing

suitable for parents of children aged 12-19 years old.

Friday 7 January 2022
Friday 14 January 2022
Friday 21 January 2022
Friday 28 January 2022

10.30-11.30am via Zoom

To access this FREE service you must:

- Have a child attending a Harlow 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 application form <https://forms.gle/zfHVabaoGfvPjfyV7>

We will send you an email to confirm a place on the course along with joining instructions. Please check your mailbox regularly including your Junk/Spam folders.

There are limited places available so please book you place asap



Department
for Education

