

Mental Health Support Teams in Schools

Children & Young People's Mental Health Support Team Online Parent Groups

We deliver FREE online courses for parents. These are delivered via Zoom. We have a range of courses available. We run these groups on a rolling program. They are delivered by one of the team's Educational Mental Health Practitioners (EMHP). All work is evidence-based following Cognitive Behavioural Therapy (CBT) principles.

For the courses to work affectively it is important the parent/carer engages well and attends all planned sessions. The courses are popular and in demand, so if you cannot make all sessions, please let us know asap, so that we can offer the space to someone else.

The groups we deliver include:

LGBTQ+ An Overview



With an increasing awareness that it's becoming more acceptable to talk about LGBTQ+, gender questioning and sexuality, we are getting requests from parents who want to be more informed. The intention of this course is simply to let parents know about the different terms, what they mean and a general awareness. There will also be links to resources for further information.

Helping your Child Manage their Emotions

This is a 4 part course run over four weekly one-hour sessions. This will help equip parents with tools and strategies to help their children regulate their emotions. The group is suitable for parents of children aged 4-11 years.



Supporting Teenagers Emotional Wellbeing



This is a 4 part course run over four weekly one-hour sessions. This will look at ways to help you teenager manage their emotional wellbeing. The group is suitable for parents of children aged 12-19 years.

Child Anxiety

This is a 4 part course run over four weekly one-hour sessions. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help. The group is suitable for parents of children aged 4-11 years.



Challenging Behaviour (at home)



This is a 6 part course run over six weekly one-hour sessions. 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. The group is suitable for parents of children aged 4-11 years.

Please see the following details of upcoming confirmed courses.

ONLINE PARENT GROUPS



<p>Helping your Child Manage their Emotions suitable for parents of children aged 4-11 years old.</p> <p>Friday 23 September 2022 Friday 07 October 2022 Friday 14 October 2022 Friday 21 October 2022</p> <p>10.30am–11.30am via Zoom</p>	<p>Supporting Teenagers Emotional Wellbeing suitable for parents of children aged 12-19 years old.</p> <p>Friday 23 September 2022 Friday 07 October 2022 Friday 14 October 2022 Friday 21 October 2022</p> <p>10.30am–11.30am via Zoom</p>
<p>Child Anxiety suitable for parents of children aged 4-11 years old.</p> <p>Friday 04 November 2022 Friday 11 November 2022 Friday 18 November 2022 Friday 25 November 2022</p> <p>10.30am-11.30am via Zoom</p>	<p>Challenging Behaviour (at home) suitable for parents of children aged 4-11 years old.</p> <p>Friday 04 November 2022 Friday 11 November 2022 Friday 18 November 2022 Friday 25 November 2022 Friday 02 December 2022 Friday 09 December 2022</p> <p>10.30am-11.30am via Zoom</p>
<p>LGBTQ+: An Overview Thursday 13 October 2022</p> <p>5.30pm-6.30pm via zoom</p>	<p>LGBTQ+: An Overview Friday 14 October 2022</p> <p>10.30am-11.30am via zoom</p>

To access this FREE service you must:

- Have a child attending a Harlow school we are currently working with ie: Burnt Mill Academy, Cook Spinney Primary Academy & Nursery, Hare Street Community Primary School & Nursery, Harlow College, Jerounds Primary Academy, Kingsmoor Academy, Latton Green Academy, Little Parndon Primary Academy, Mark Hall Academy, Passmores Academy, Pear Tree Mead Academy, Pemberley Academy, Potter Street Academy, Purford Green Primary School, Sir Frederick Gibberd College, Stewards Academy, St. James' CofE Primary School, Tansy Dell Primary School, The Downs Primary School, William Martin CofE 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 [Online Parent Group Application Form](#). We ask for one group to be applied for at any one time. 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.

There are limited places available so please book you place asap

If you have any queries, please contact mhstharlow@mindinwestessex.org.uk