



Child & Adolescent Mental Health Service
Virtual Workshops for Parents and Carers

The following online workshops are now available to book on to, which will be delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

❖ Understanding Anxiety	Monday 9 th November 2020	10am-11am
❖ Emotional Wellbeing	Monday 30 th November 2020	10am-11am

Understanding Anxiety:

We will explore what may contribute to children and young people’s anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

Emotional Wellbeing:

We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

To access the CAMHS parents and carers workshops, please contact:

TEWV.CAMHS-Training@nhs.net

And provide the following information:

- Which workshop(s) you would like to access
- Your name
- Email address
- Which locality you live
- The school(s) your child(ren) attend
- Age(s) of your child(ren)