

Psychology in schools team*

Parent workshop programme

These workshops are designed to provide up-to-date, evidence-based advice and guidance on how best to support our children and young people. They will last one hour and will be recorded so anyone unable to attend can still access the content.

If you would like to register to attend a workshop please email admin.pst@nsft.nhs.uk with the title, date and time of the workshop you would like to attend. If you have a specific question you hope we will answer in the session please include this in the email and we will do our best to incorporate it.

Workshops

Parent workshop 1

Title: Surviving lockdown mark 3

Summary: This workshop will explore how we make sense of what we are all experiencing at the moment. It will consider the most significant challenges posed by the pandemic for both parents and young people (including anxiety and low mood) while also thinking about the most helpful ways to manage these challenges.

Dates and times:

Monday 25 January 1pm, 6pm; Tuesday 26 January 6pm, 7.15pm

Parent workshop 2 (repeated)

Title: Supporting our young people with anxiety

Dates and times:

Tuesday 9 February 6pm, 7.15pm

Parent workshop 4

Title: Tools for managing uncertainty

Dates and times:

Monday 22 March 1pm, 6pm
Tuesday 23 March 6pm, 7.15pm

Parent workshop 6

Title TBC

Dates and times:

Monday 24 May 1pm, 6pm
Tuesday 25 May 6pm, 7.15pm

Parent workshop 3

Title: Supporting our young people with low mood

Dates and times:

Monday 22 February 1pm, 6pm
Tuesday 23 February 6pm, 7.15pm

Parent workshop 5

Title TBC

Dates and times:

Monday 26 April 1pm, 6pm
Tuesday 27 April 6pm, 7.15pm

Parent workshop 7

Title TBC

Dates and times:

Monday 28 June 1pm, 6pm
Tuesday 29 June 6pm, 7pm

*The psychology in schools team is made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services. They have both generic and specialist skills and are trained across the life-span to work with both children and adults. As a team we are passionate about empowering communities to support the emotional wellbeing and mental health of children and young people and work in schools across Suffolk.