



WITH  
ME  
MiND

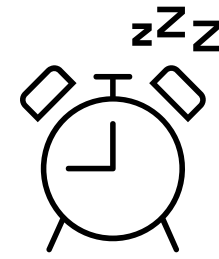


WITH  
ME  
MiND

# With Me In Mind Parent Workshops

Over the next few slides is a calendar of our online events for parents. We hope you can join us for these events. In order to be able to join the event, you will need to start the slide show from the start and click on the link which will bring you to the meeting. Alternatively, you can press the ctrl key and click at the same time to be able to join.

# September - Sleep



Join us to explore how sleep can impact on our mental health. We will explore how having a good nights sleep is beneficial for emotional wellbeing. We will provide useful hints and tips on how to make a good sleep routine and support your child with having healthy sleep.

Monday 26<sup>th</sup> September at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# October – 5 steps to wellbeing



Join us to explore the 5 steps to wellbeing and how this can support with having positive mental health. We will look at connecting with other people, being physically active, learn new skills, give to others and pay attention to the present moment.

Wednesday 26<sup>th</sup> October at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# November – Body confidence



Join us to explore body confidence and how feeling positive about our bodies can make us feel confident and increase our self-esteem.

Thursday 24<sup>th</sup> November at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# January – Low mood



Join us to explore low mood and think about how it is more than just 'January Blues'. We will look at hints and tips to support with combating low mood and feeling more positive.

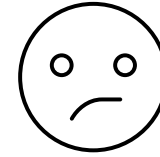
Monday 23<sup>rd</sup> January at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# February - Worries



Join us to explore worries and how this can have a negative effect on our mental health and wellbeing. We will share some top tips on how to combat worries and feel more positive day to day.

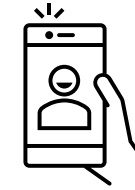
Tuesday 28<sup>th</sup> February at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# March – Self-esteem



Join us to explore self esteem and to think about how this effects our emotional health and wellbeing . We will look at hints and tips on how you can support your child with developing and uplifting their self-esteem.

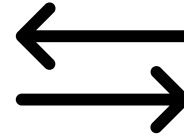
Wednesday 29<sup>th</sup> March at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

# April – School transition



Join us to explore transition and talk about how this is both an exciting and scary part of life. We will look at ways you can support your child when thinking about transition so that they feel more confident throughout the process.

Thursday 27<sup>th</sup> April at 6-7pm Link below:

Microsoft Teams meeting

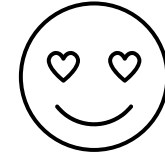
**Join on your computer or mobile app**

[Click here to join the meeting](#)





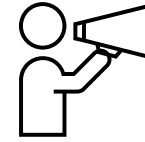
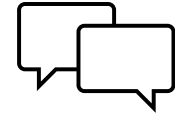
# May – Emotion Regulation



Join us to explore how important it is for children to be able to recognise emotions and have strategies in place to be able to regulate our emotions. We will look at triggers for heightened emotions and think about how you can support your child with regulating themselves.

Tuesday 23<sup>rd</sup> May at 6-7pm Link below:  
Microsoft Teams meeting  
**Join on your computer or mobile app**  
[Click here to join the meeting](#)

# June – Self harm



Join us to explore understanding how to spot the signs of self harm and how you can support your child with safer ways to communicate what is going on for them

Wednesday 28<sup>th</sup> June at 6-7pm Link below:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)