

Healthy Minds (Lincolnshire Partnership NHS Foundation Trust)

Virtual Workshops:

The following workshops are being run on various dates via Microsoft teams. Parents/carers can book onto these via Eventbrite.

- How can I support my child's Emotional Wellbeing? - A Workshop for Parents of 5-10 years
- How can I support my child's Emotional Wellbeing? - A Workshop for Parents of 11-16 years
- Parent and Child Worry Management – A Workshop for Parent and Child aged 5-10 years
- Parent and Child Managing Angry Feelings – A Workshop for Parent and Child aged 5-10 years
- Parents Supporting Children with Anxiety and SEND – Discussion group (This event is a Parents Discussion forum and requires watching the recorded workshops prior to attending. Please see the Eventbrite page while booking for more information)

We will be releasing tickets on a monthly basis, so please keep an eye out on our Eventbrite page for dates and times; **all workshops are free to attend!**

Please copy this link into your browser to access our Eventbrite page for booking:

<https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

Pre-recorded online workshops:

Just a reminder we have created several online recorded workshops for both young people and parents. We have workshops on:

- Managing Worries and Anxious Feelings
- Managing Angry Feelings
- Staying Emotionally Healthy
- Building Positive Self-esteem
- Survival Guide to Change - Workshop Series
- Parents supporting children with Anxiety and SEND

These can be accessed by copying and pasting this link into your browser:

<https://www.lpft.nhs.uk/young-people/online-workshops>

If you have concerns about a child or young person's emotional wellbeing please visit <https://www.lpft.nhs.uk/young-people/lincolnshire/home> where you can find useful information and self-help advice.

Thankyou

Healthy Minds Lincolnshire

