



Children & Young People's Mental Health Support Team

Online Parent Courses

We deliver online courses for parents of children attending a Harlow school. These are delivered via Zoom. This is a free service, and 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.

The groups we have available are:

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.

mind in West Essex

Please see below confirmed courses for next term.



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| <p>Helping your Child Manage their Emotions suitable for parents of children aged 4-11 years old.</p> <p>Friday 7 January 2022 Friday 14 January 2022 Friday 21 January 2022 Friday 28 January 2022</p> <p>10.30-11.30am via Zoom</p> | <p>Supporting Teenagers Emotional Wellbeing suitable for parents of children aged 12-19 years old.</p> <p>Friday 7 January 2022 Friday 14 January 2022 Friday 21 January 2022 Friday 28 January 2022</p> <p>10.30-11.30am via Zoom</p> |
| <p>Child Anxiety suitable for parents of children aged 4-11 years old.</p> <p>Friday 25 February 2022 Friday 4 March 2022 Friday 11 March 2022 Friday 18 March 2022</p> <p>10.30-11.30am via Zoom</p> | <p>Challenging Behaviour (at home) suitable for parents of children aged 4-11 years old.</p> <p>Friday 25 February 2022 Friday 4 March 2022 Friday 11 March 2022 Friday 18 March 2022 Friday 25 March 2022 Friday 1 April 2022</p> <p>10.30-11.30am via Zoom</p> |

To access this FREE service you must:

- Have a child attending a Harlow 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 application form <https://forms.gle/zfHVabaoGfvPjfyV7> We ask for one group to be applied for at any one time.

We will send you an email to confirm a place on the course along with joining instructions. Please check your mailbox regularly including your Junk/Spam folders.

There are limited places available so please book you place asap



Department
for Education

