

Dear Parent/Carer,

My Young Mind Enfield, an NHS funded service offering support to children, young people, parents/carers and schools in Enfield, are offering two separate workshops for parents/carers:

- *Children's Emotional Wellbeing and Self-Regulation: Parent/Carer Workshop*
- *Supporting Your Child with Fears and Worries: Parent/Carer Workshop*

Who are these workshops for?

These two separate workshops are for parents of primary school aged children in Enfield who would like to learn various tools and strategies to support their children in two different areas. One workshop focuses on emotional wellbeing and regulation, and the other on fears and worries.

What do the workshops offer?

The workshops cover (but not exclusive to):

Children's Emotional Wellbeing and Self-Regulation: Parent/Carer Workshop

- What are emotions and why do we have them?
- The Fight, Flight and Freeze response
- Recognising, labelling and normalising emotions
- General emotional regulation tips
- Specific emotional regulation tips for anger, anxiety and feelings of sadness

Supporting Your Child with Fears and Worries: Parent/Carer Workshop

- Anxiety psychoeducation
- Cognitive Behavioural perspectives
- What maintains anxiety
- Strategies to support a child who is anxious

What are the dates for the workshops?

Children's Emotional Wellbeing and Self-Regulation: Parent/Carer Workshop – Tuesday 19th April
10:00am-11:30am

Supporting Your Child with Fears and Worries: Parent/Carer Workshop – Thursday 21st April
10:00am-11:30am

The workshop will be delivered by a Children's Wellbeing Practitioner from MYME and an honorary Assistant Psychologist, via Microsoft Teams. Please note, a Microsoft teams account is not required to join the workshops.

Please see attached posters for the link to the purchase a ticket to the events.