

## Children's Wellbeing Practitioner Workshops July – September 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 31 <sup>st</sup> July 10 am-12 pm Thursday 18 <sup>th</sup> September 6-8 pm
<b>Adolescent Self-Esteem and Resilience</b> A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Tuesday 8 <sup>th</sup> July 6-8 pm Tuesday 2 <sup>nd</sup> September 6-8 pm
<b>Supporting your Child's Self-Esteem and Resilience</b> A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Thursday 7 <sup>th</sup> August 10 am-12 pm
<b>Supporting with Sleep Difficulties</b> This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 5 <sup>th</sup> August 6-8 pm
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 10 <sup>th</sup> July 6-8 pm Tuesday 12 <sup>th</sup> August 10 am-12 pm Thursday 25 <sup>th</sup> September 6-8 pm
<b>General Emotional Wellbeing and Regulation Tips for Parents/Carers</b> A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 16 <sup>th</sup> July 10 am-12 pm Tuesday 19 <sup>th</sup> August 6-8 pm Wednesday 24 September 10 am-12 pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:  
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>