

# Stay Well Digital Training Sessions

July - September 2026      Delivered on MSTeams



**FREE for Professionals, Parents/Care Givers and Volunteers working with Children & Young People within Staffordshire.**

**It is advised (but not compulsory) to complete the introductory course; 'Understanding the Emotional Wellbeing & Mental Health of Children and Young People' before accessing the specialist training sessions.**

**Please mark with an (x) which sessions you would like to attend and fill out the information below before sending back to [training.staywellstaffs@changes.org.uk](mailto:training.staywellstaffs@changes.org.uk).**

**You will then receive an email back to confirm your booking.**

## Understanding the Emotional Wellbeing & Mental Health of Children & Young People

- Monday 6th July - 10:30am - 3pm
- Tuesday 21<sup>st</sup> July - 10:30am - 3pm
- Friday 7th August - 9am - 1:30pm
- Monday 17<sup>th</sup> August - 9:30am - 2pm
- Tuesday 1<sup>st</sup> September - 10:30am - 3pm
- Friday 18<sup>th</sup> September - 9am - 1:30pm
- Monday 28<sup>th</sup> September - 9:30am - 2pm

## Dealing with Difficult Emotions (Anger)

- Tuesday 14<sup>th</sup> July - 9:30am - 11:30am
- Monday 27<sup>th</sup> July - 12:30pm - 2:30pm
- Monday 10<sup>th</sup> August - 9:30am - 11:30am
- Tuesday 25<sup>th</sup> August - 12:30pm - 2:30pm
- Tuesday 8<sup>th</sup> September - 9:30am - 11:30am
- Monday 21<sup>st</sup> September - 12:30pm - 2:30pm

## Supporting Children & Young People with Worry & Low Mood

- Tuesday 7th July - 12:30pm - 2:30pm
- Monday 20th July - 9:30am - 11:30am
- Monday 3rd August - 12:30pm - 2:30pm
- Tuesday 18th August - 9:30am - 11:30am
- Tuesday 15th September - 9:30am - 11:30am
- Tuesday 29<sup>th</sup> September - 12:30pm - 2:30pm

## Raising Self-Esteem in Children & Young People

- Tuesday 7th July - 9:30am - 11:30am
- Monday 20th July - 12:30pm - 2:30pm
- Monday 3rd August - 9:30am - 11:30am
- Tuesday 18th August - 12:30pm - 2:30pm
- Tuesday 15th September - 12:30pm - 2:30pm
- Tuesday 29<sup>th</sup> September - 9:30am - 11:30am

**For further training enquiries contact:**

Email: [training.staywellstaffs@changes.org.uk](mailto:training.staywellstaffs@changes.org.uk) | Tel: 01782 418518

## Understanding & Managing Self-Harm in Children & Young People

- Monday 13<sup>th</sup> July - 9:30am - 11:30am
- Tuesday 28<sup>th</sup> July - 12:30pm - 2:30pm
- Friday 14<sup>th</sup> August - 9:30am - 11:30am
- Monday 24<sup>th</sup> August - 9:30am - 11:30am
- Monday 7<sup>th</sup> September - 12:30 - 2:30pm
- Tuesday 22<sup>nd</sup> September - 9:30am - 11:30am

## Supporting Children & Young People with Suicidal Thoughts

- Monday 13<sup>th</sup> July - 12:30pm - 2:30pm
- Tuesday 28<sup>th</sup> July - 9:30am - 11:30am
- Tuesday 11<sup>th</sup> August - 9:30am - 11:30am
- Monday 24<sup>th</sup> August - 12:30am - 2:30pm
- Monday 7<sup>th</sup> September - 9:30am - 11:30am
- Tuesday 22<sup>nd</sup> September - 12:30am - 2:30pm

## Understanding Disordered Eating in Children & Young People

- Friday 24<sup>th</sup> July - 9:30am - 11:30am
- Friday 21<sup>st</sup> August - 9:30am - 11:30am
- Friday 11<sup>th</sup> September - 9:30am - 11:30am

## Social Media Awareness/Cyberbullying Support

- Friday 10<sup>th</sup> July - 9:30am - 11:30am
- Friday 31<sup>st</sup> July - 9:30am - 11:30am
- Tuesday 4<sup>th</sup> August - 12:30pm - 2:30pm
- Friday 28<sup>th</sup> August - 12:30pm - 2:30pm
- Monday 14<sup>th</sup> September - 9:30am - 11:30am

## LGBTQ+ Awareness

- Friday 17<sup>th</sup> July - 9:30am - 11:30am
- Tuesday 11<sup>th</sup> August - 12:30pm - 2:30pm
- Friday 4<sup>th</sup> September - 9:30am - 11:30am
- Friday 25<sup>th</sup> September - 9:30am - 11:30am

## Supporting Children & Young People with Bereavement & Loss

- Wednesday 15<sup>th</sup> July - 10am - 12pm
- Tuesday 11<sup>th</sup> August - 9am - 11am

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## Supporting Neurodiverse Children & Young People

- Tuesday 14th July - 12:30pm - 2:30pm
- Monday 27th July - 9:30am - 11:30am
- Monday 10th August - 12:30pm - 2:30pm
- Tuesday 25th August - 9:30am - 11:30am
- Tuesday 8th September - 12:30pm - 2:30pm
- Monday 21st September - 9:30am - 11:30am

### PLEASE READ THE BELOW INFORMATION BEFORE BOOKING

#### Instructions for Digital Sessions:

- **Post Course Questionnaires will be sent via email on completion of the training and must be sent back to receive the training slides and certificate of attendance.**
- **If you do not receive the Microsoft Teams link and you have confirmation of your booking, please contact: [training.staywellstaffs@changes.org.uk](mailto:training.staywellstaffs@changes.org.uk) or call 01782 418518. You will receive the link around 2-7 days in advance, so if you are not in receipt of this, please contact ASAP.**
- **Please ensure you have access to both audio and video settings during the training session.**

<b>Name:</b>	
<b>Job Role</b> <i>(if parent/carer N/A):</i>	
<b>Organisation</b> <i>(if parent/carer N/A):</i>	
<b>Email Address:</b>	
<b>Do you have access to a device with working audio &amp; video? Yes / No</b>	

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