Supporting Emotional Wellbeing

Free Online workshop for parents

Join us for a free, friendly workshop with practical tips to support your child's emotional wellbeing and your own

What we'll cover:

- Child and adolescent anxiety
- Emotional regulation
- Low mood and confidence
- Stress within the family
- Parent mental wellbeing



Date: Monday 27thth November 2026
Time: 13:00PM - 14:00PM
Location: Mircosoft Teams
Spaces are limited so booking is essential
Follow the QR code or visit
sctsp.org.uk/community-family-support

Links will be sent out sepperaty upon booking via our QR code.

We look forward to seeing you there

Charity No. 1077687
Company No. 3575079

Parenting And Managing Behaviour

Free Online workshop for parents

Join us for a free, friendly workshop with practical tips to support your child's emotional wellbeing and your own

What we'll cover:

- Challenging behaviour
- Setting boundaries
- Positive parenting strategies
- Improving communication
- Strengthening family relationship



Date: Tuesday 15th December 2026
Time: 13:00PM - 14:00PM
Location: Mircosoft Teams
Spaces are limited so booking is essential
Follow the QR code or visit
sctsp.org.uk/community-family-support

Links will be sent out sepperaty upon booking via our QR code.

We look forward to seeing you there

Charity No. 1077687
Company No. 3575079