

## Online Parent Groups

### Helping your Child Manage their Emotions

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help equip parents with tools and strategies to help their child regulate their emotions.

Monday 5th June 2023  
Monday 12th June 2023  
Monday 19th June 2023  
Monday 26th June 2023

1-2:30pm via Zoom

### Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks. This will look at ways to help your teenager manage their emotional wellbeing.

Monday 5th June 2023  
Monday 12th June 2023  
Monday 19th June 2023  
Monday 26th June 2023

5-6:30pm via Zoom

### Child Anxiety

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Wednesday 7th June 2023  
Wednesday 14th June 2023  
Wednesday 21st June 2023  
Wednesday 28th June 2023

12-1:30pm via Zoom

### Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. 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.

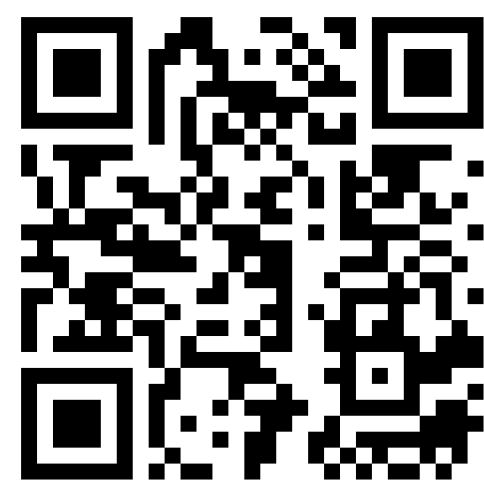
Wednesday 7th June 2023  
Wednesday 14th June 2023  
Wednesday 21st June 2023  
Wednesday 28th June 2023  
Wednesday 5th July 2023  
Wednesday 12th July 2023

1-2:30pm via Zoom

### To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code 



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:

Harlow - mhstharlow@mindinwestessex.org.uk

Epping Forest - mhsteppingforest@mindinwestessex.org.uk

Uttlesford - mhstuttlesford@mindinwestessex.org.uk

**There are limited places available so please book your place as soon as possible.**