



Parent Carer (of children and young people aged 0-25yrs)

TRAINING & information Sessions



Understanding Why Children Might Be Anxious About School

Tuesday 6th February 2024, 9.30 am—11.30 am

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

Anxiety (Two groups)

Tuesday 30th January 2024, 9.30 am—11.30 am—Over 11 years

Tuesday 13th February 2024, 9.30 am—11.30 am— 5-11 years

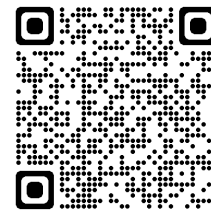
This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Emotional Wellbeing

Tuesday 5th March 2024, 9.30 am—11.30 am

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children.

To book places please email tewv.countydurhamcamhstraining@nhs.net or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.



www.mcddurham.co.uk



www.darlingtonpcf.co.uk



www.dccarers.org
Tel: 0300 0051213



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Understanding Sleep

**Choice of Wednesday 10th January OR Wednesday 17th April 2024,
both sessions 1:30 pm — 3:00 pm**

This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.

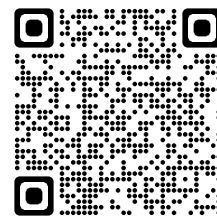
Understanding Behaviour Development in Children and Young People

Tuesday 19th March 2024, 9.30 am — 11.30 am

This session will look at behavioural norms in the developing child and how adult behaviour influences this. We will look at the challenges parents and carers may face and how they can support their children and young people to develop resilience and manage risk as they grow to adulthood and independence.

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Tees, Esk and Wear Valleys
NHS Foundation Trust



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