



CAMHS Parent and Carers Information Evening Sessions

Delivered by your MHST School practitioners via Microsoft Teams

Understanding and Managing Anxiety

Thurs 23rd February

6.30pm-8pm

- What challenging emotions can children experience & what might trigger this?
 - How do these emotions affect our children?
 - What challenges are we facing?
- Basic strategies to help manage challenging emotions



Sleep

Thurs 15th June

6.30-8pm



- The quality of sleep for you and your child
 - Average sleep needs
 - Impact of a lack of sleep
 - Causes of sleep deprivation
 - Tips for better sleep

All sessions can be booked via school by providing your name and email address. Places are limited and will be allocated on a first come first served basis.

Please note that the above sessions are general information giving sessions and are designed to provide information and advice only, at an introductory level. These are not clinical sessions and not all information may be relevant to each individual.

With **all of us** in mind.