Redbridge Mental Health Support Team presents...

PARENT AND CARER WEEK: CHILDREN'S WELLBEING WEBINARS

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and welllbeing.

REGISTER NOW!

INTRODUCTION TO THE MENTAL HEALTH SUPPORT TEAMS

Find out about Mental Health Support Teams in schools, what we do, what help is available, how we work within schools and how to access the service.

TUES 20.10.26 7-8PM

NERVOUS TO SPEAK – TALKING IN SOCIAL SITUATIONS

What can you do to help your child or young person if they find it difficult to speak in social situations? We will be discussing why this might happen and sharing some ideas about what you can do to support your child.

WED 18.11.26 7-8PM

HELPING YOUR CHILD BELIEVE THEY CAN DO IT

What can you do if your child or young person starts to believe they cannot do things? In this webinar we will be looking at ideas from the field of Growth Mindset and sharing tips and tools to help you support your child in how they think about their abilities.

TUES 19.01.27 7-8PM

SCAN ME!

London Borough of Redbridge

#BREAKTHESTIGMA

FOR MORE INFORMATION & TO SIGN UP CLICK HERE,

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'

OR GO TO LINKTR.EE/REDBRIDGEMHST