

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 wellbeing.

**REGISTER
NOW!**

SUPPORTING A CHILD WHO IS ANXIOUS TO ATTEND SCHOOL

Many children worry about school from time to time. Sometimes a child's worries may lead to difficulties attending school. If your child has anxiety about attending school, then this webinar is for you.

TUES 21.05.24 7-8PM

TRANSITION TO SECONDARY SCHOOL

Making the transition to secondary school can feel exciting and daunting at the same time. Join our webinar to learn practical strategies for supporting your child during this time.

WED 05.06.24 7-8PM

PROMOTING POSITIVE BEHAVIOUR: PRIMARY-AGED CHILDREN

Testing boundaries is a normal part of child development. Learn to enhance your child's emotional regulation and promote positive behaviour through play, boundary-setting, and clear expectations.

THU 20.06.24 7-8PM

**SCAN
ME!**



FOR MORE INFORMATION & TO SIGN UP

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OR GO TO LINKTR.EE/REDBRIDGEMHST

