



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Aimed at parents of children in primary school

Supporting Your Child with Worries & Fears 7/11/2025 10:30—12:30pm



Introduction to Understanding Autism 8/10/2025 17:30—19:30pm



Understanding Your Child's Behaviour 30/09/2025 12:30—14:30pm



The Mind, The Body and You 9/12/2025 12:30—14:30pm



Me & My Child: Understanding Resilience 25/11/2025 10:30—12:30pm



Understand ADHD 20/11/2025 10:30—12:30pm



**Workshop times alternate from term to term*

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please raise your interest with your child's school so that they can send you the link. If you have any questions please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to parents/carers of children attending a EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email: EWTandESTenquiries@nelft.nhs.uk

