

We just wanted to update you with details of forthcoming virtual psychoeducation workshops which we will be offering over the Spring/Summer term's to families in Bedfordshire and Luton. **Please share the following information with all parents/carers, including the attached registration form which includes our referral criteria.**

As stated on this, families must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton to be accepted onto a workshop.

These workshops are designed as a starting point for families with children who have low level difficulties and may not have accessed support from mental health services. If parents are concerned that their child's problem is causing a moderate/severe impact on their life or they are presenting with risky behaviours (self-harm, suicidal ideations), then these series of workshops are unlikely to address these concerns. If this is the case we would recommend making a CHUMS/CAMHS referral on our website; <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>.

Please note that spaces for workshops are limited and allocated on a first-come, first served basis. If families wish to attend any workshop, they need to complete the attached registration form and return it to fwteam@chums.uk.com along with the date they wish to attend.

WORKSHOPS:

Parent Sleep Workshop (Parent only with children aged 12 and under) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Monday 25th April 9:30-11:30am
- Tuesday 12th July 17:00pm-19:00pm

Teenage Sleep Workshop (Children aged 13+) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

- Thursday 16th June 16:00pm-18:00pm

0-5 Resiliency Workshop (Parent's only) - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

- Thursday 21st April 9:30am-11:30am
- Tuesday 21st June 17:00pm-19:00pm

Primary Resiliency Workshop (Parent workshop for children aged 6-12) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 18th May 9:30am-11:30am

Secondary Resiliency Workshop (For Teens aged 13+) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Tuesday 5th July 16:00pm-18:00pm

Parent Self Esteem Workshop (Parent only for children 5-12 years of age)- One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

- Monday 18th July 17:00pm-19:00pm

Teenage Self Esteem Workshop (Parents and young people 13+) - One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through though challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

- Wednesday 8th June 16:00pm-18:00pm

Anxiety Workshop (For parents of children under the age of 12) - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

- Monday 16th May 9:30am-11:30am

Transition Workshops – One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:

- **Lower-Middle transitions (parent only)** – Thursday 11th August 17:00pm-19:00pm
- **Primary-Secondary/Middle-Upper transitions (Parent and young person)** – Monday 22nd August 9:30am-11:30am