

Parent & Carer



Online Workshops with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing?

If you do, these FREE webinars maybe for you.

Primary School

Supporting your child with anxiety and worry

Tuesday 31st October 2023, 12pm to 1:30pm

Thursday 8th February 2024, 6pm to 7:30pm

Supporting your child with transition to secondary

Wednesday 12th June 2024, 6pm to 7:30pm

Secondary School

Supporting your child with anxiety and worry

Wednesday 8th November 2023, 6pm to 7:30pm

Thursday 29th February, 12pm to 1:30pm

Supporting your child with exam stress

Thursday 21st March 2024, 6pm to 7:30pm

Thursday 18th April 2024, 6pm to 7:30pm

For more info and to book scan the QR code or visit:



www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions please email mhst.parentteam@eastsussex.gov.uk