

Wednesday 5th March 2025

Dear Parents and Guardians,

My Young Mind Enfield is a project funded by the NHS, offering support to children, young people, parents, and schools within the Enfield community.

My Young Mind Enfield is offering a program of four parent online workshops this March:

March 2025- Online Parent Wellbeing Workshop Programme				
Workshop	Introductory workshop on:	For Parents of:	Date	Time
Cultivating Courage	Anxiety	Primary and Secondary School children	17/03/25	6:00pm
Calm and connected	Managing Stress	Secondary School Children	18/03/25	6:00pm
Feelings in Focus	Emotional Wellbeing	Primary School children	20/03/25	12:00pm
The Building Blocks of Behaviour	Child Behaviour	Primary School children	25/03/25	5:00pm

Who are these workshops for?

These workshops are designed for parents and guardians of primary and secondary school-aged children and young people who wish to learn various strategies to support their children.

What do these workshops offer?

These introductory workshops aim to explore parents' ideas, skills, and strategies that can be used to help support their children. While we will touch on general themes, please note that the workshops might not cover every situation or experience that may contribute to these issues. These workshops are designed to be interactive. Participants will be provided with resources, further reading recommendations, and guidance for after the session, should any further concerns arise. We recognize that parents are experts of themselves and their children and that the professionals at My Young Mind Enfield bring their own expertise through training. The aim of the workshops is for parents and professionals to bring their expertise together and provide information, ideas and resources.

These workshops will be led by Wellbeing Practitioners from My Young Mind Enfield. They will be delivered via Microsoft Teams; please note that a Microsoft Teams account is not required to join.

Attached to this email, please find the workshop posters that contain the link to sign up to the free events.

Kind regards,
Gemma Vincent