

Supporting Transition to secondary

Parent/carer online workshops:

Supporting your child's transition into secondary school

*An opportunity to discuss
common worries you/your child
may have relating to starting
secondary school*

*-Guidance and practical tips to
help ease worries about the
transition*

**Offered as a one or two part
workshop**

1 part workshops

Monday 5th July 4-5pm

[Sign up](#)

Wednesday 1st Sept 4-5pm

[Sign up](#)

2 part workshop:

**Monday 21st & 28th June
11:30am-12:30pm**

[Sign up](#)

Transition group for year 6s starting secondary in Sept 2021

Date: August 2nd-6th 1-2pm

*For the first 4 session young
people will have the chance to
come together and talk with
other young people about their
thoughts and feelings about
the move to secondary. The
sessions will also include
practical tips and strategies for
managing worry to help with
the adjustment to the move.*

*The group would be useful for
young people who may benefit
from additional support with
their transition e.g. due to pre-
vious friendship difficulties or
worry.*

*Parents will be invited to the
Friday session to hear and
share in the learning from the
week.*

**Venue: Our lovely garden
(weather permitting) or inside
at Child & Young People Cen-
tre, 15 Homerton Row**

[Sign up](#)

**City & Hackney
Mental Health
Support Team
(MHST) :**

**Summer
Well-being
Events for
Parents/Carers
and children**



To sign up to any event:

*Use Eventbrite
(links provided)

*Call us on
0203 222 5600

*Email us elft.mhst.referrals@nhs.net

Visit the Events pages at
[https://
cityandhackneycamhs.org.uk/](https://cityandhackneycamhs.org.uk/)

Parent/Carer 1 hour online workshops

Managing child anxiety and worry

Information about what is anxiety and what parents and carers can do to help their child to manage and reduce the impact of worry and fear in their lives.

Dates:

Tuesday 3rd August 4-5pm [Sign up](#)

Managing behaviour that challenges:

This workshop provides parents and carers with basic information, skills and strategies to help manage undesirable behaviours, including positive parenting strategies for maintaining positive relationships and for helping children with their routine.

Dates:

Thursday 8th July 4-5pm [Sign up](#)

NEW EARLY HOURS PARENT/CARER OFFERS

Following feedback that some parents/carers prefer shorter workshops, earlier in the day, we are providing the following sessions over the summer:

Parent/Carer Coffee Morning

26th July 8:30-9:30am

An opportunity to introduce MHST services to parents/carers who are not familiar with the service and an open space where parents can share experiences of child emotional and behaviour difficulties and impact on school life. The themes from the session will be used to inform future workshops and services provided by MHST including the below.

Join us at Children & Young People's Centre 15 Homerton Row, London E9 6ET (in our lovely garden (weather permitting!))

[Sign up](#)

Online Parent workshop

(30 mins)-

Managing challenging behaviours

28th July 8:30-9am

[Sign up](#)

Online Parent workshop

(30 mins)

Managing child anxiety and worry

30th July 8:30-9am

[Sign up](#)

Online Art Therapy workshops

All young people are welcome to join us for an hour of art making, giving time and space to relax. No art skills needed.

2nd August 12-1pm

9th August 12-1pm

16th August 12-1pm

[Click here for more details and joining instructions.](#)

[Sign up](#)