

Merton Wellbeing Support Service

Supporting Young People’s Wellbeing Webinars 2022/23

Our NHSin-School Service offers all of our parents’ workshops and webinars on a range of child wellbeing and mental health topics. See below for dates and details of their workshops running this academic year. We encourage parents to attend to support joint school and home approaches to support positive wellbeing.

The sessions aim to give information, usable skills, strategies and resources for supporting young people’s wellbeing and mental health. The service also offers 1:1 sessions with young people to support early anxiety, stress and low – one page application forms are on the school website, use the email below or speak with a member of staff.

Workshop	Date/Time
Mental Health during the teenage years – An introduction and overview – for Year 7&8 Parents	Thursday 22 nd September 7.30-8.30pm
Supporting your teen through emotional storms – emotion regulation skills and strategies	Thursday 10 th of November 7.30-8.30pm
Understanding and supporting anxiety during the teenage years	Thursday 26 th of January 7.30-8.30pm
Supporting and managing exam and assignment stress: top tips and ideas for parents	Thursday 16 th of March 7.30-8.30pm
Understanding and Supporting Teen Sleep: An overview of the research and recommendations	Thursday 4 th of May 7.30-8.30pm

Sign up for the Merton exclusive workshop series for free here:

<https://www.eventbrite.com/cc/wellbeing-workshop-merton-secondary-parents-725989>

Any questions, contact: InfoMertonWP@swlstg.nhs.uk

Find additional resources and webinars here on our youtube channel: [Children & Young People’s Wellbeing Service - YouTube](#)