

Primrose Hill Primary School

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MHST Webinar Series for Parents or Carers of Children of Primary School age

The MHST are excited to be able to offer all primary schools within Camden a parent/carer webinar series of four workshops. These will include the following topics:

- Introduction to the Mental Health Support Team: Why Early Intervention Matters
- Parent/Carer Self-Care
- Understanding and supporting your child's worries
- Routines
- Parent/Carer and child interactions

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents or carers that are interested.

Parents/carers can register for any of the above webinars through Eventbrite (for free) at <https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853>. Parents/carers can opt in for all five topics of workshops, or whichever most appeals to them. Our webinar series will run from Wednesday 20th Jan 2021 until Wednesday 24th Feb 2021.

The scheduled dates, times and topics are:

Topic	Day and Date	Time
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 20 th Jan 2021	5-6 pm
Parent/Carer Self-Care	Thursday 21 st Jan 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries - Option A	Wednesday 27 th Jan 2021	5-6 pm 6-6.20pm -Q&A
Understanding and supporting your child with worries - Option B	Thursday 28 th Jan 2021	12-1 pm 1-1.20 pm -Q&A
Routines	Thursday 4 th Feb 2021	12-1 pm 1-1.20 pm -Q&A
Parent/Carer and Child interactions	Thursday 11 th Feb 2021	12-1 pm 1-1.20 pm -Q&A
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 24 th Feb 2021	5-6 pm

Advertising the webinars

We want the process to be convenient as possible for the school and parents/carers and so we are using the online booking platform 'Eventbrite' to advertise and allocate requested places. If you feel your parents/carers may be interested in the webinar series please include the attached information in your next newsletter, school website or where-ever you think best. Please could you also recommend to any parents or carers, you think might be interested.

If you have any questions or suggestions please don't hesitate to contact us.

With many thanks,

SCHOOL PRACTITIONER NAME

Acting Head Teacher: Mireille Alwan