

Dear Parent/Carer,

The NHS mental health support team who work within your school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. The five topics covered, scheduled dates and times 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

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all five sessions, or whichever most appeals to you. We offer two options of the same workshop on 'Understanding and supporting your child with worries'. You can either select option A - 12pm on Thursday 28th January 2021 or option B - 5pm on Wednesday 27th Jan 2021, whichever one works better for you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853> .

We look forward to seeing you.

With best wishes,
Mental Health Support Team in Schools (MHST)