

Ellesmere Port Mental Health Support Team (MHST)

Our Summer Parent Workshops!



We are pleased to offer parents a number of short workshops both online and in person across the Summer Holidays!

Each workshop will last approximately 1.5 hours.

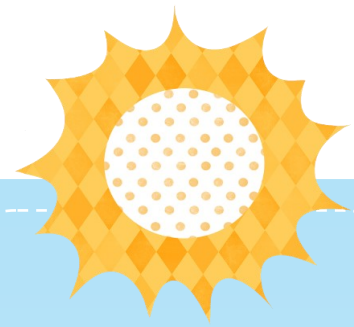
These workshops are open to all parents in the local area and cover topics around children's mental health & wellbeing, such as

challenging behaviour (intro to parenting for better behaviour), anxiety, sleep and low mood. You are welcome to join any of these workshops that may be of interest to you!

Please email us to confirm your place on the workshop. If it is an online workshop, you will be sent a link for a Microsoft Teams meeting which will allow you to join.

In-person sessions will take place at **KINGSLEY RESOURCE CENTRE, CORONATION ROAD, ELLESMERE PORT, CH65 9AB**

(Opposite the Fire Station on Wellington Rd, close to Asda & Cherry Bank NHS building)



Workshop Dates 2024

Weds 24th July 09.30am
Introduction to Anxiety ONLINE

Tues 30th July 10am
Introduction to Parenting for Better Behaviour - ONLINE

Fri 2nd August 09.30am
Sleep
Kingsley Resource Centre

Fri 16th August 09.30am
Introduction to Anxiety
Kingsley Resource Centre

Weds 21st August 10am
Low Mood
Kingsley Resource Centre

Weds 28th August 10am
Introduction to Parenting for Better Behaviour - ONLINE

cwp.cheshiremhstadmin@nhs.net


Cheshire and Wirral Partnership
NHS Foundation Trust

