

Parent/Carer Workshops

Join our free Parent/Carer Workshops for practical tips, simple strategies and up-to-date guidance to help your child thrive.

These friendly, expert-led sessions cover key topics such as online safety and emotional regulation, giving you the tools to feel informed, confident and supported.



Online Safety

Learn about digital safety for kids including impact of screen time, apps, gaming, AI risks, cyberbullying and gain practical tips to create a safer digital environment at home

Date: Wednesday 25th February 2026

Time: 9:30-11:30am

Emotional Regulation

This workshop covers emotional regulation in children, causes and signs of dysregulation, the nervous system's role, and practical strategies to support healthy skills.

Date: Wednesday 4th March 2026

Time: 9:30-11:30am

Managing Worries/Anxiety

This workshop covers understanding anxiety in children, its causes and signs, and offers practical tips and strategies to help manage worries effectively.

Date: Wednesday 11th March 2026

Time: 9:30-11:30am






Register for the workshops here:

Scan me



Stay Connected!

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