



The Mental Health Support Team

PARENT SUMMER WORKSHOPS

MANAGING EMOTIONS & ESCALATIONS

- 15:30-17:00 ON 23RD JULY VIA MICROSOFT TEAMS
- 15:30-17:00 ON 28TH JULY AT SUDBOROUGH HOUSE, KETTERING

MINDFULNESS AND RELAXATION

- 09:30-11:00 ON 31ST JULY VIA MICROSOFT TEAMS
- 09:30-11:00 ON 21ST AUGUST AT SUDBOROUGH HOUSE, KETTERING

SUPPORTING MY CHILD'S WORRIES

- 15:30-17:00 ON 4TH AUGUST AT KINGSTHORPE FAMILY HUB
- 17:00-18:15 ON 10TH AUGUST VIA MICROSOFT TEAMS

SUPPORTING MY CHILD'S RESILIENCE

- 15:45-17:00 ON 5TH AUGUST VIA MICROSOFT TEAMS
- 15:30-17:00 ON 18TH AUGUST AT KINGSTHORPE FAMILY HUB

IMPACT OF NEURODIVERGENCE ON MENTAL HEALTH

- 15:30-17:00 ON 25TH AUGUST AT KINGSTHORPE FAMILY HUB
- 16:00-17:00 ON 28TH AUGUST VIA MICROSOFT TEAMS



SIGN UP HERE!



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