FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF PRIMARY-AGED CHILDREN

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO REGISTER

bit.ly/3MaR1wJ



Practical Tools to Help Your Child's Sleep

3rd November 9:30 am

Introduction to Understanding ADHD

9th November 6:30 pm

Positive Parenting: Supporting Your Child with Challenging Behaviour

17th November 7:00 pm

Striving to provide the best care by the best people

MENTAL HEALTH SUPPORT TEAM ESSEX

NHS North East London NHS Foundation Trust