

Parent & Carer



Lunch and Learn Online Workshops and In-person Family Hub Workshops with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing? If you do, these FREE webinars or our in-person small group workshops may be for you!

Lunch and Learn Webinars

How to support your child with worry and anxiety

Tuesday 22nd October 2024, 1pm to 2pm

Thursday 27th February 2025, 1pm, to 2pm

Wednesday 11th June 2025, 1pm to 2pm

How to support a worrying child with transition to secondary

Wednesday 21st May 2025, 1pm to 2pm

Small group in-person sessions

Supporting primary school children with anxiety and worry

Wednesday 2nd October 2024, 10am to 12pm @ Sidley Family Hub

Tuesday 8th October 2024, 10am to 12pm @ Uckfield Family Hub

Wednesday 5th February 2025, 12pm to 2pm @ Sidley Family Hub

Tea/Coffee and biscuits will be available, and we will be providing activities to make some items to take home with you to do with your child/ren

For more info and to book scan the QR code or visit:



www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email mhst.parentteam@eastsussex.gov.uk