



All Saints C of E
Primary School

Workshops for Parents & Carers

West
London
Mind

NHS
North West London

Join us for monthly workshops to support your child's emotional wellbeing.

Wed 30th September - 9am

UNDERSTANDING MENTAL HEALTH & EMOTIONAL WELLBEING

An introduction to anxiety, stress, and low mood, and how you can support your child to manage their difficult emotions.



Wed 21st October - 9am

SLEEP ROUTINES & SELF-CARE

Learn how sleep impacts wellbeing and ways to encourage your child to follow routines and practise self-care.

Wed 25th November - 9am

ONLINE SAFETY

An overview of the risks of the online world and ways to protect your child.



Wed 16th December - 9am

SCHOOL AVOIDANCE

Discuss Emotional-Based School Avoidance (EBSA), why your child might find it difficult to attend school, and ways to support them.

SPEAK TO Ms PINK IF YOU'D LIKE INDIVIDUAL SUPPORT FOR YOUR CHILD OR PARENTING SESSIONS FROM WEST LONDON MIND