



Parent Carer (of children and young people aged 0-25yrs)

# TRAINING & information Sessions



## Understanding Why Children Might Be Anxious About School

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs

**Tuesday 26th September—09:30-11:30**

**Anxiety (Two groups)** this session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

**Tuesday 10th October 09:30-11:30—Over 11 years**

**Tuesday 24th October 09:30-11:30 — 5-11 years**

**Emotional Wellbeing** This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children.

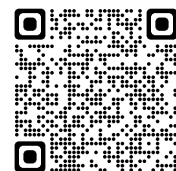
**Tuesday 14th November 09:30-11:30**

To book places please email [teww.countydurhamcamhstraining@nhs.net](mailto:teww.countydurhamcamhstraining@nhs.net) or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.

  
Tees, Esk and Wear Valleys  
NHS Foundation Trust



**ROLLER COASTER**  
FAMILY SUPPORT  
[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)  
Tel: 07377213952



[www.mccdurham.co.uk](http://www.mccdurham.co.uk)

  
[www.durhamsendiass.info](http://www.durhamsendiass.info)  
0191 5873541



[www.darlingtonpcf.co.uk](http://www.darlingtonpcf.co.uk)



[www.dccarers.org](http://www.dccarers.org)  
Tel: 0300 0051213



Parent Carer (of children and young people aged 0-25yrs)

# TRAINING & information Sessions



**Child to Parent Violence and Aggression** We will consider models of aggression in children and young people and identify key influencing factors. We will look to apply these models of aggression and consider them within the family / parent context and explore how aggression can become a pattern in households.

**Wednesday 6th December 1:30pm-3:30pm**

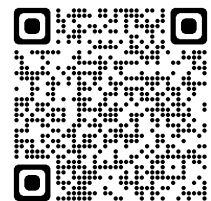
**NEW SESSION—Understanding Sleep** This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.

**Wednesday 11th October 1:30pm-3:00pm**

**NEW SESSION—Understanding Behaviour Development in Children and Young People** This session will look at behavioural norms in the developing child and how adult behaviour influences this. We will look at the challenges parents and carers may face and how they can support their children and young people to develop resilience and manage risk as they grow to adulthood and independence

**Tuesday 17th October 1:30pm-3:45pm**

To book places please email [tevv.countydurhamcamhstraining@nhs.net](mailto:tevv.countydurhamcamhstraining@nhs.net) or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.



**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust



[www.durhamsendiass.info](http://www.durhamsendiass.info)  
0191 5873541



[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)  
Tel: 07377213952



[www.darlingtonpcf.co.uk](http://www.darlingtonpcf.co.uk)



[www.dccarers.org](http://www.dccarers.org)  
Tel: 0300 0051213

[www.mcddurham.co.uk](http://www.mcddurham.co.uk)