

# Family Liaison Officer Newsletter

Dear Parents/Carers/Guardians

Suffolk County Council have shared information regarding free mental health workshops for parents/carers/guardians that are being provided by Norfolk and Suffolk NHS Foundation Trust.

Please see below the topics of the workshops available and the dates that they are being delivered via Zoom. If these are of interest to you, please click on the link below to book your place.

Kind regards

Emma Bird, Family Liaison Officer



Norfolk and Suffolk  
NHS Foundation Trust

## Supporting young people's mental health Parent/carer workshops April - July 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-minutes long and will be recorded so anyone unable to attend can watch the workshop.

### Supporting young people with anxiety

24 May – 19:15

21 June – 19:15

### Supporting our young people to manage uncertainty

24 May – 18:00

### Supporting our children / adolescents with sleep (11+ years of age)

21 June – 18:00

### Building understanding and supporting your child with Tourette's / Tics

20 June – 13:00

20 June – 18:00

### Supporting your child to attend or get back to school

23 May – 13:00

23 May – 18:00

### Building resilience: Managing the next steps

4 July - 18:00

PST Parent Carer  
Workshop Schedule

Open the attachment to access booking links:



**POT KILN**  
PRIMARY SCHOOL













