



# Information Sessions for Warwickshire Parents and Carers

## Courses available online – via Zoom

### Understanding and Supporting Children and Young People with Emotionally Based School Avoidance

Thursday 26th September 2024, 9:30 am to 11:30 am

### Understanding Emotion Regulation in School Aged Children

Thursday 10th October 2024, 9:30 am to 11:30 am

### Understanding and Supporting Children aged 3-11 Years with Anxiety

Thursday 24th October 2024, 9:30 am to 11:30 am

### Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 7th November 2024, 9:30 am to 11:30 am

### Understanding and Supporting School Aged Children Who Self-harm

Thursday 21st November 2024, 9:30 am to 11:30 am

### Understanding Sensory Needs in School Aged Children

Thursday 5th December 2024, 9:30 am to 11:30 am

### Understanding Low Mood in Children and Young People

Thursday 9th January 2025, 9:30 am to 11:30 am

### Understanding Self-esteem in Children and Young People

Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)

**Please note: the sessions are available for Warwickshire residents only.**