

# THEWS PARENT WORKSHOPS 2023

The Tower Hamlets Education Wellbeing Service (THEWS) are offering a series of free, online parent workshops, covering a range of topics.

To take part, select the workshop(s) from the list below that interests you and complete registration on the Eventbrite website by clicking the link next to the workshop you would like to attend.

If you have any difficulties signing up, please contact us via the Eventbrite page.

We look forward to seeing you there!



**PARENT WELLBEING**  
 Wednesday 11th January 12.30pm

<https://www.eventbrite.com/e/parent-wellbeing-tickets-486801866487>



**SUPPORTING YOUR CHILD'S MENTAL HEALTH AND WELLBEING**  
 Wednesday 8th February 12.30pm

<https://www.eventbrite.com/e/supporting-your-childs-mental-health-and-wellbeing-parents-of-cyp-all-age-tickets-486804384017>



**RECOGNISING AND SUPPORTING YOUNG PEOPLE WHO SELF HARM**  
 Wednesday 8th March 12.30pm

<https://www.eventbrite.com/e/recognising-and-supporting-young-people-who-self-harm-parents-of-secondary-tickets-486805707977>



**POSITIVE PARENTING FOR CHALLENGING BEHAVIOUR IN PRIMARY AGE STUDENTS**  
 Wednesday 5th April 12.30pm

<https://www.eventbrite.com/e/positive-parenting-for-childhood-behaviour-issues-in-parents-of-primary-sc-tickets-486807072057>



**BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD**  
 Wednesday 3rd May 12.30pm

<https://www.eventbrite.com/e/building-confidence-and-managing-anxiety-in-your-child-parents-of-primary-tickets-486807563527>



**MANAGING THE TRANSITION TO SECONDARY SCHOOL**  
 Wednesday 7th June 12.30pm

<https://www.eventbrite.com/e/managing-the-transition-to-secondary-school-parents-of-children-in-year-6-tickets-486808506347>