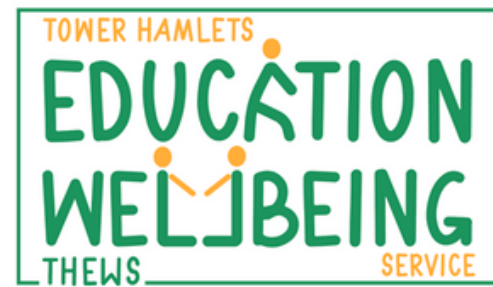


# THEWS PARENT WORKSHOPS 23-24



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!



**SUPPORTING YOUR CHILD'S MENTAL  
HEALTH, WELLBEING & SLEEP (PARENTS OF  
CYP ALL AGES)**

Tuesday 3rd October 12.30pm

<https://www.eventbrite.com/e/supporting-your-childs-mental-health-wellbeingparents-of-cyp-all-ages-tickets-710603422967?aff=oddtcreator>



**RECOGNISING AND SUPPORTING YOUNG  
PEOPLE WHO SELF-HARM (PARENTS OF  
SECONDARY SCHOOL YOUNG PEOPLE)**

Tuesday 7th November 12.30pm

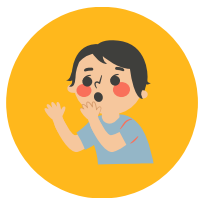
<https://www.eventbrite.com/e/recognising-and-supporting-young-people-who-self-harm-parents-of-secondary-tickets-710610664627?aff=oddtcreator>



**PARENT WELLBEING**

Tuesday 6th February 12.30pm

<https://www.eventbrite.com/e/parent-wellbeing-tickets-710619952407?aff=oddtcreator>



**POSITIVE PARENTING FOR CHALLENGING  
BEHAVIOUR IN PRIMARY AGE STUDENTS**

Tuesday 5th March 12.30pm

<https://www.eventbrite.com/e/positive-parenting-for-challenging-behaviour-in-primary-age-students-tickets-710624917257?aff=oddtcreator>



**BUILDING CONFIDENCE AND MANAGING  
ANXIETY IN YOUR CHILD (PRIMARY  
SCHOOL)**

Tuesday 7th May 12.30pm

<https://www.eventbrite.com/e/building-confidence-and-managing-anxiety-in-your-child-parents-of-primary-tickets-710632479877?aff=oddtcreator>



**MANAGING THE TRANSITION TO  
SECONDARY SCHOOL**

Tuesday 4th June 12.30pm

<https://www.eventbrite.com/e/managing-the-transition-to-secondary-school-parents-of-children-in-year-6-tickets-710642700447?aff=oddtcreator>