



PARENT AND CARER WORKSHOPS

ACADEMIC YEAR 2023-2024

Brighter Futures for Children, Education department are running the following FREE online and in person workshops for parents and carers who have children in Reading education settings.

Dates and booking details:

#	Session Name	Dates, times and venue	Description	Contact	Criteria
Autumn TERM 1 Sep, Oct, Nov & Dec					
1.	Raising your child's self-esteem	29/11/23 4.30 – 6pm Free online session via MS Teams	Is your child struggling with feelings of low self-worth? Do they not recognise their strengths? compare themselves to others? lack self-confidence? This 90 minute MHST workshop is aimed at parents, carers and professionals. We will explore the causes of low self-esteem and discuss strategies to raise self-esteem and build positive self-worth.	MHST self-esteem workshop	Any Reading parent/carer of a child aged 5-18.
2.	Understanding autism & anxiety workshop	6/12/23 9:30-12:00pm Free online session via MS Teams	A 2.5 hour workshop targeted towards parents/carers of children with a diagnosis of autism or those who may be awaiting a diagnosis. It looks at common drivers for anxiety in those with autism, especially in relation to coping with uncertainty and not knowing what might happen. The workshop gives parents a chance to share their experiences and to learn strategies and approaches to manage anxious feelings.	Wilma.Williams@brighterfuturesforchildren.org	Parents/carers of Reading pupils ages age 6 -16
3.	World of Emotions (WoE)	19/12/23 1-4pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .

Spring TERM 2 Jan, Feb and March					
1.	World of Emotions (WoE)	12/01/24 9.30-12.30pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .
2.	Raising your child's self-esteem'	23/01/24 9.30-11am Free online session via MS Teams	Is your child struggling with feelings of low self-worth? Do they; not recognise their strengths? compare themselves to others? lack self-confidence? This 90 minute MHST workshop is aimed at parents, carers and professionals. We will explore the causes of low self-esteem and discuss strategies to raise self-esteem and build positive self-worth.	MHST self-esteem workshop	Any Reading parent/carer of a child aged 5-18.
3.	Understanding and supporting attention for learning	25/01/24 9:30am – 12:30pm Free in person Venue TBC	This workshop is targeted towards parents/carers whose children struggle with attention. This may include children who have a diagnosis of ADHD / ADD, but is also open to parents of children who struggle with attention but do not have a diagnosis. The workshop explores how attention difficulties may present, support strategies and how SEN support may look in school.	Wilma.Williams@brighterfuturesforchildren.org	All parents/carers with children of school age in a Reading school
4.	Helping your child with fears and worries	31/01/24 9.30-12.00pm Free online session via MS Teams	Teaches parents and carers Cognitive Behavioural Strategies to help children to overcome their anxiety. The approaches in the workshop are designed to help with "irrational" fears, for example, specific phobias (dogs, school phobia etc...), separation anxiety, generalised anxiety. The workshop is <u>not</u> designed for children: <ul style="list-style-type: none"> • With a diagnosis of autism or significant social communication difficulties • Who are pre-verbal • Whose anxiety is due to trauma (e.g.: domestic violence), PTSD, bereavement, sensory overload 	Wilma.Williams@brighterfuturesforchildren.org	<ul style="list-style-type: none"> • A parent/carer of a child attending any Reading School • Is aged 5-12 years • The anxiety is having an impact on the child's life - e.g the child is starting to avoid situations that lead to anxiety, like social situations • Parent or child is not currently receiving any other kind of support for their anxiety
5.	World of Emotions (WoE)	13/02/24 1-4pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .
6.	Resilience	22/02/24 3 – 5.30pm Free, in person	"Prepare your child for the road, not the road for the child". It's the ability to adapt well to adversity, trauma, threats or stress – It is difficult and distressing but parents can help their	Wilma.Williams@brighterfuturesforchildren.org	All parents/carers with children of school age in a Reading school

		Venue TBC	children and young people to manage their feelings around anxiety and uncertainty.		
7.	Understanding autism & anxiety workshop	27/2/24 9.30am – 12.00pm Free online session via MS Teams	A 2.5 hour workshop targeted towards parents of children with a diagnosis of autism or those who may be awaiting a diagnosis. It looks at common drivers for anxiety in those with autism, especially in relation to coping with uncertainty and not knowing what might happen. The workshop gives parents a chance to share their experiences and to learn strategies and approaches to manage anxious feelings.	Wilma.Williams@brighterfuturesforchildren.org	Parents/carers of Reading pupils ages age 6 -16
8.	Raising your child's self-esteem'	07/03/24 4.30-6pm Free online session via MS Teams	Is your child struggling with feelings of low self-worth? Do they; not recognise their strengths? compare themselves to others? lack self-confidence? This 90 minute MHST workshop is aimed at parents, carers and professionals. We will explore the causes of low self-esteem and discuss strategies to raise self-esteem and build positive self-worth.	MHST self-esteem workshop	Any Reading parent/carer of a child aged 5-18.
9.	World of Emotions (WoE)	11/03/24 9.30-12.30pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .
10.	Helping your child with fears and worries	12/03/24 9.30-12.00pm Free online session via MS Teams	Teaches parents and carers Cognitive Behavioural Strategies to help children to overcome their anxiety. The approaches in the workshop are designed to help with "irrational" fears, for example, specific phobias (dogs, school phobia etc...), separation anxiety, generalised anxiety. The workshop is <u>not</u> designed for children: <ul style="list-style-type: none"> • With a diagnosis of autism or significant social communication difficulties • Who are pre-verbal • Whose anxiety is due to trauma (e.g.: domestic violence), PTSD, bereavement, sensory overload 	Wilma.Williams@brighterfuturesforchildren.org	<ul style="list-style-type: none"> • A parent/carer of a child attending any Reading School • Is aged 5-12 years • The anxiety is having an impact on the child's life - e.g the child is starting to avoid situations that lead to anxiety, like social situations • Parent or child is not currently receiving any other kind of support for their anxiety
11.	Supporting Your Child Through Exams	20/03/24 6.30-7.30pm Free online session via MS Teams	Dr Alec de Sausmarez (Senior Educational Psychologist) will be leading a webinar, which aims to provide advice for parents who will be supporting their child through the upcoming period of exams. Strategies will be provided including information around key learning theories, the experience of young people during exams, how to create a successful a learning environment at home, and structuring revision.	Complete the form here . Any issues email MHST@brighterfuturesforchildren.org .	A parent/carer of a child attending any Reading School (primary, secondary or specialist).

12.	Little People Big Feelings (LPBF)	26/03/24 1 – 2.30pm Free, in person: Committee Room 1, Civic Centre	Workshop that helps parents/carers to know how to best respond to young children's BIG feelings and the BIG behaviours that come with it. It helps parents/carers understand emotional wellbeing and emotional regulation in pre-school children.	Wilma.Williams@brighterfuturesforchildren.org	Parents/carers of children in Reading Early Years' settings
13.	Supporting Your Child Through Exams	28/03/24 3-4pm Free online session via MS Teams	Dr Alec de Sausmarez (Senior Educational Psychologist) will be leading a webinar, which aims to provide advice for parents who will be supporting their child through the upcoming period of exams. Strategies will be provided including information around key learning theories, the experience of young people during exams, how to create a successful a learning environment at home, and structuring revision.	Complete the form here . Any issues email MHST@brighterfuturesforchildren.org .	A parent/carer of a child attending any Reading School (primary, secondary or specialist).
14.	World of Emotions (WoE)	11/04/2023 1-4pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .

Summer TERM 3 April, May, June, July & August					
1.	Understanding and supporting attention for learning	29/04/24 9:30 – 12:00pm Free online session via MS Teams	A workshop targeted towards parents whose children struggle with attention. This may include children who have a diagnosis of ADHD / ADD, but is also open to parents of children who struggle with attention but do not have a diagnosis. The workshop explores how attention difficulties may present, support strategies and how SEN support may look in school. This session is free – Online via MS Teams	Wilma.Williams@brighterfuturesforchildren.org	All parents/carers with children of school age in a Reading school
2.	Resilience	30/4/24 3pm – 5.30pm Free online session via MS Teams	“Prepare your child for the road, not the road for the child”. It’s the ability to adapt well to adversity, trauma, threats or stress – It is difficult and distressing but parents can help their children and young people to manage their feelings around anxiety and uncertainty.	Wilma.Williams@brighterfuturesforchildren.org	All parents/carers with children of school age in a Reading school
3.	Helping your child with fears and worries	08/5/24 9.30am – 12.00pm Free online session via MS Teams	Teaches parents and carers Cognitive Behavioural Strategies to help children to overcome their anxiety. The approaches in the workshop are designed to help with “irrational” fears, for example, specific phobias (dogs, school phobia etc...), separation anxiety, generalised anxiety. The workshop is <u>not</u> designed for children: <ul style="list-style-type: none"> • With a diagnosis of autism or significant social communication difficulties • Who are pre-verbal • Whose anxiety is due to trauma (e.g.: domestic violence), PTSD, bereavement, sensory overload 	Wilma.Williams@brighterfuturesforchildren.org	<ul style="list-style-type: none"> • A parent/carer of a child attending any Reading School • Is aged 5-12 years • The anxiety is having an impact on the child’s life - e.g the child is starting to avoid situations that lead to anxiety, like social situations • Parent or child is not currently receiving any other kind of support for their anxiety
4.	Supporting Your Child Through Exams	15/05/24 10-11am Free online session via MS Teams	Dr Alec de Sausmarez (Senior Educational Psychologist) will be leading a webinar, which aims to provide advice for parents who will be supporting their child through the upcoming period of exams. Strategies will be provided including information around key learning theories, the experience of young people during exams, how to create a successful a learning environment at home, and structuring revision.	Complete the form here . Any issues email MHST@brighterfuturesforchildren.org .	A parent/carer of a child attending any Reading School (primary, secondary or specialist).
5.	Raising your child’s self-esteem	17/05/24 9.30-11am Free online session via MS Teams	Is your child struggling with feelings of low self-worth? Do they; not recognise their strengths? compare themselves to others? lack self-confidence? This 90 minute MHST workshop is aimed at parents, carers and professionals. We will explore the causes of low self-esteem and discuss strategies to raise self-esteem and build positive self-worth.	MHST self-esteem workshop	Any Reading parent/carer of a child aged 5-18.

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6.	World of Emotions (WoE)	17/05/24 9.30-12.30pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .
7.	Supporting Your Child Through Exams	20/05/24 6.30-7.30pm Free online session via MS Teams	Dr Alec de Sausmarez (Senior Educational Psychologist) will be leading a webinar, which aims to provide advice for parents who will be supporting their child through the upcoming period of exams. Strategies will be provided including information around key learning theories, the experience of young people during exams, how to create a successful a learning environment at home, and structuring revision.	Complete the form here . Any issues email MHST@brighterfuturesforchildren.org .	A parent/carer of a child attending any Reading School (primary, secondary or specialist).
8.	Understanding autism & anxiety workshop	19/6/24 9.30am – 12.00pm Free online session via MS Teams	A 2.5 hour workshop targeted towards parents of children with a diagnosis of autism or those who may be awaiting a diagnosis. It looks at common drivers for anxiety in those with autism, especially in relation to coping with uncertainty and not knowing what might happen. The workshop gives parents a chance to share their experiences and to learn strategies and approaches to manage anxious feelings.	Wilma.Williams@brighterfuturesforchildren.org	Parents/carers of Reading pupils aged 6 -16
9.	Helping your child with fears and worries	24/6/24 9.30am – 12.00pm Free online session via MS Teams	Teaches parents and carers Cognitive Behavioural Strategies to help children to overcome their anxiety. The approaches in the workshop are designed to help with “irrational” fears, for example, specific phobias (dogs, school phobia etc...), separation anxiety, generalised anxiety. The workshop is <u>not</u> designed for children: <ul style="list-style-type: none"> • With a diagnosis of autism or significant social communication difficulties • Who are pre-verbal • Whose anxiety is due to trauma (e.g.: domestic violence), PTSD, bereavement, sensory overload 	Wilma.Williams@brighterfuturesforchildren.org	<ul style="list-style-type: none"> • A parent/carer of a child attending any Reading School • Is aged 5-12 years • The anxiety is having an impact on the child's life - e.g the child is starting to avoid situations that lead to anxiety, like social situations • Parent or child is not currently receiving any other kind of support for their anxiety
10.	World of Emotions (WoE)	27/06/24 1-4pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .

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13.	Raising your child's self-esteem	25/07/24 4.30-6pm Free online session via MS Teams	Is your child struggling with feelings of low self-worth? Do they; not recognise their strengths? compare themselves to others? lack self-confidence? This 90 minute MHST workshop is aimed at parents, carers and professionals. We will explore the causes of low self-esteem and discuss strategies to raise self-esteem and build positive self-worth.	MHST self-esteem workshop	Any Reading parent/carer of a child aged 5-18.
14.	World of Emotions (WoE)	13/08/24 1-4pm Free online session via MS Teams	World of Emotions is not a parenting course, but rather an opportunity for parents/carers to gain more skills to understand and support their child/young person's wellbeing. It will cover a range of emotions and difficulties (e.g. low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others etc).	Complete the MHST Referral Form , saying you would like to attend.	Anyone who is closely involved in a child who attends an MHST school, is welcome to attend. See list here .