



Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

PARENT ANXIETY WORKSHOP

17/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

PARENT SELF-ESTEEM WORKSHOP

21/1/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

11+ ANXIETY WORKSHOP

17/2/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

PARENTAL SEPARATION WORKSHOP

3/2/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off Workshop that explores the following topics: Common child responses to separation, emotional regulation, potential disruptive behaviour problems + techniques to manage them and identifying worries in young people and how to work through these.

BEHAVIOUR WORKSHOPS

9/2/26 @ 9:30AM - 11:30AM

25/2/26 @ 1PM - 3PM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

MENTAL HEALTH AND STIGMA WORKSHOP

12/2/26 @ 4PM - 6PM

(For young people aged 12+, parents also welcome to attend)

One off workshop for young people focusing on mental health awareness and stigma. Follows a range of topics including puberty, male mental health, LGBTQ+, ethnicity and social media.

RESILIENCY WORKSHOPS

0-5 YEARS

2/3/26 @ 9:30AM - 11:30AM

(For parents of children aged 0-5 years old)

This single psychoeducation session explores the importance of relationships, healthy attachments, emotional regulation and anxiety. You will learn evidence based behavioural strategies to help your child thrive.

PRIMARY

16/3/26 @ 1PM - 3PM

(For parents of children aged 5 - 11 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

SECONDARY

30/3/26 @ 5PM - 7PM

(For young people aged 12 - 16 years, parents also welcome to attend)

One-off Workshop that Explores the following topics: mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation with strategies to build their resilience.

PARENT SLEEP WORKSHOP

25/3/26 @ 9:30AM - 11:30AM

(For parents of young people aged 4-12 years old)

One-off workshop exploring why sleep is important, what is 'good' sleep, sleep hygiene tips, and strategies for managing worries at night.

EXAM STRESS WORKSHOPS

14/4/26 @ 4PM - 6PM

29/4/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.

<https://chums.uk.com/emotional-wellbeing-service/#workshops>