Children's Wellbeing Practitioner Workshops
October – December 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Tuesday 18th November 6-8pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 27th November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 27th October 6-8pm Tuesday 16th December 10am-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 15th October 6-8pm Tuesday 2nd December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 21st October 10am-12pm Thursday 6th November 6-8pm Wednesday 10th December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 8th October 6-8pm Tuesday 11th November 10am-12pm Thursday 18th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/