

2026/27 Online Parent Workshop Offer



Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

What To Expect:

Our workshops are delivered by experienced Mental Health Practitioners and last approximately **1.5 hours**. There will be time at the end of each session for questions and discussion. We hope you find the sessions informative and supportive. Please note that we are unable to discuss individual young people or specific cases.

Topic: Supporting your Child with Anxiety

Focus: Secondary & Primary Schools

Date: Oct 8, 2026 10-11:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/83038532980?pwd=6WG3Ma0qaLhP8TCbgXaqvn1PmAggD.1>

Meeting ID: 830 3853 2980

Passcode: 231178

Topic: Autism

Focus: Secondary & Primary Schools

Time: Nov 12, 2026 10-11:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/89937011870?pwd=Ma6Hzq98vxaLKDGo51lrXME042dOWj.1>

Meeting ID: 899 3701 1870

Passcode: 971139

Topic: EBSA & Transition

Focus: Primary Schools

Time: Jan 20, 2027 1-2:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/87622535818?pwd=MWnqNGM85Daqc0ZCAAwbwXjA7yKxtc.1>

Meeting ID: 876 2253 5818

Passcode: 236620

Topic: EBSA & Transition

Focus: Secondary Schools

Time: Mar 10, 2027 1:00-2:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85042241502?pwd=1kfuSW6Qte5MeNX7ySwaG38wbKURlq.1>

Meeting ID: 850 4224 1502

Passcode: 881854

Topic: Now conversations

Focus: Primary Schools

Time: May 12, 2027 1- 2:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/87416646498?pwd=zMH0rqao8cHD5Kjqrzz7fha0PapPan.1>

Meeting ID: 874 1664 6498

Passcode: 411941

Topic: MH Building Blocks & Teen Brain Development

Focus: Secondary Schools

Time: Jun 9, 2027 1 – 2:30PM

Join Zoom Meeting

<https://us02web.zoom.us/j/85277493568?pwd=br4a4xRWoBDZ22bBtafKYjOY6bLMI7.1>

Meeting ID: 852 7749 3568

Passcode: 171177

Topic: Supporting Yourself to Support Your Child

Focus: Secondary & Primary Schools

Time: Jul 6, 2027 10-11:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/86444219793?pwd=bsylRCwnx0hNRgzxldLgxTrG36XaIW.1>

Meeting ID: 864 4421 9793

Passcode: 566456

MENTAL HEALTH SUPPORT TEAMS

We look forward to welcoming you to our Parent Workshops!

Supporting your Child with Anxiety Workshop

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Focus: Secondary & Primary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/83038532980?pwd=6WG3Ma0qaLhP8TCbgXaqvn1PmAggD.1>

Meeting ID: 830 3853 2980

Passcode: 231178

Delivered by: Kate, Mary, Agnieszka and Monica

Aims and Objectives

We aim to:

To give parents and carers knowledge and practical strategies to support young people with anxiety

Agenda

- What is anxiety?
- Signs and symptoms
- Strategies to manage anxiety
- Resources



Autism Workshop

What To Expect:

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Focus: Secondary & Primary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/89937011870?pwd=Ma6Hzq98vxaLKDGo51lrXME042dOWj.1>

Meeting ID: 899 3701 1870

Passcode: 971139

Delivered by: Charlotte, Caroline & Monica

Aims and Objectives

We aim to:

- Build a shared understanding of autism
- Help you as a parent to feel more confident supporting your child
- Reduce blame, confusion, and self-doubt
- Share practical strategies that work at home and school
- Celebrate strengths while supporting needs

Agenda:

- Presenting difficulties
- Strength-based thinking
- Understanding behaviour
- Adaptations and support
- What next? Assessment and signposting
- Understanding the benefit of an assessment



EBSA & Transition Workshop

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Focus: Primary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/87622535818?pwd=MWnqNGM85Daqc0ZCAAwbwXjA7yKxtc.1>

Meeting ID: 876 2253 5818

Passcode: 236620

Delivered by: Hattie, Habiba, Jo & Monica

Aims and Objectives

We aim to:

- Help you to understand anxiety, the signs and symptoms and what makes transition to a new school difficult for some young people.
- To have a better understanding of what EBSA is and when/why it occurs.
- Give you strategies for responding to your anxious child, building their confidence and ability to cope with the challenges of starting a new school/overcome EBSA
- Learn strategies you can teach your child to help them manage their worries, their physical symptoms, and cope with being in school.
- Think about the importance of looking after yourself.

Agenda:

- Transition to a new school
- EBSA – Emotionally Based School Avoidance
- How to support your child when struggling with anxiety and/or school attendance
- Looking after yourself



EBSA & Transition Workshop

What To Expect:

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Focus: Secondary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/85042241502?pwd=1kfuSW6Qte5MeNX7ySwaG38wbKURlq.1>

Meeting ID: 850 4224 1502

Passcode: 881854

Delivered by: Mary, Amie & Monica

Aims and Objectives

We aim to:

- Help you to understand anxiety, the signs and symptoms and what makes transition to a new school difficult for some young people.
- To have a better understanding of what EBSA is and when/why it occurs.
- Give you strategies for responding to your anxious child, building their confidence and ability to cope with the challenges of starting a new school/overcome EBSA
- Learn strategies you can teach your child to help them manage their worries, their physical symptoms, and cope with being in school.
- Think about the importance of looking after yourself.

Agenda:

- Transition to a new school
- EBSA – Emotionally Based School Avoidance
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- Looking after yourself



NOW Conversations Workshop

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Focus: Primary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/87416646498?pwd=zMH0rqa08cHD5Kjqrz7fha0PapPan.1>

Meeting ID: 874 1664 6498

Passcode: 411941

Delivered by: Jo, Emily, Amie & Monica

Aims and Objectives

We aim to:

To support parents and carers with practical strategies to initiate and engage in difficult conversations with their children and young people.

Agenda:

- Why opening difficult conversations is important
- How the culture of the home and parenting style can impact young people's interaction with their key adults
- Key communication skills and the NOW framework
- Alternative coping strategies for young people
- Supporting young people to take 'the next step' and set goals



Mental Health Building Blocks & Teen Brain Development Workshop

What To Expect:

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Focus: Secondary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/85277493568?pwd=br4a4xRWoBDZ22bBtafKYjOY6bLMI7.1>

Meeting ID: 852 7749 3568

Passcode: 171177

Delivered by: Issy, Hattie & Monica

Aims and Objectives

We aim to:

To help you understand what's happening in your teenager's brain during this crucial stage of development.

To help you learn about the key ingredients of wellbeing that support a healthy, developing brain.

To normalise common challenges for teen's in relation to brain development

To give you practical strategies that you can use at home to support your teenager's brain development.

Agenda

- Teenage years as an important developmental stage
- Brain Biology
- Building block strategies
- Hormone Changes
- More Building block strategies
- Building Block Behaviours – the five ways to wellbeing

**MENTAL HEALTH
SUPPORT TEAMS**



1pm-2:30pm



June 9th 2027



Online: Zoom

Supporting Yourself to Support Your Child Workshop

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Focus: Secondary & Primary Schools

Join Zoom Meeting

<https://us02web.zoom.us/j/86444219793?pwd=bsyIRCwnx0hNRgzldLgxTrG36XaIW.1>

Meeting ID: 864 4421 9793

Passcode: 566456

Delivered by: Mary, Issy, Kate & Monica

Aims and Objectives

We aim to give you:

Help and Ideas

Comfort and Hope

A Reminder

Agenda:

- Why do you need to support yourself
- The challenges with supporting yourself
- Strategies to support yourself to support your child
- Resources

What we won't be focusing on:

Specific mental health problems
for you and your child

**MENTAL HEALTH
SUPPORT TEAMS**



10-11:30am



July 6th 2027



Online: Zoom