



Emotional wellbeing Support and training for parents 2021-2022

Brighter Futures for Children are hosting a range of CPD and discussion forums for parents to support you to develop your skills and knowledge of emotional wellbeing and mental health, embed Therapeutic thinking and develop recovery curriculum.

We provide a range of workshop and training modules for parents and carers.

Dates and booking details

Session Title	Dates /Times	Description	Session Organiser/Bookings
WORKSHOP FOR PARENTS Parent Wellbeing and Resilience	6/12/21 12:00 pm - 1:30 pm	Developing your Wellbeing and resilience and reflecting on the impact of this in your home.	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Anxiety in Adolescents	9/12/21 10:30 am - 11:45 am	Developing and understanding of anxiety in Adolescents with practical strategies.	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Trauma Informed and Therapeutic Thinking Schools	17/1/22 3:30 pm - 5:00 pm	Therapeutic Thinking Approaches to Behaviour	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Resilience and Normalising	19/1/22 09:30 am - 11:00 am	Increasing children and young people resilience	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Trauma Informed and Therapeutic Thinking Schools	25/1/22 09:30 am - 11:00 am	Therapeutic Thinking Approaches to Behaviour	Wilma.williams@brighterfuturesforchildren.org
WORKSHOPS FOR PARENTS Depression	27/1/22 09.30 am - 11.00 am And	Understanding Low Mood and Depression	Wilma.williams@brighterfuturesforchildren.org



	3.30 pm - 5.00 pm		
WORKSHOP FOR PARENTS Adolescent Brain	15/3/22 12:00 pm - 1:30 pm	A Look at the changes in your adolescent's brain to help you understand them.	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Adolescent Brain	22/3/22 12:00 pm - 1:30 pm	A Look at the changes in your adolescent's brain to help you understand them.	Wilma.williams@brighterfuturesforchildren.org
WORKSHOP FOR PARENTS Early Years Big feelings little people	10/5/22 09:30 am - 11:00 am	Understand emotional welling being and emotional regulation in pre-school children.	Wilma.williams@brighterfuturesforchildren.org