

# Stanbridge Lower School



We just wanted to remind you of our upcoming virtual psychoeducation workshops which we are offering to families in Bedfordshire and Luton. **Please share the following information with all parents/carers, including the attached registration form which includes our referral criteria.** As stated on this, families must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton to be accepted onto a workshop.

Please note that spaces for workshops are limited and allocated on a first-come, first served basis. If families wish to attend any workshop, they need to complete the attached registration form and return it to [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com) along with the date they wish to attend.

## WORKSHOPS:

Parent Sleep Workshop (Children aged 12 and under) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Monday 28<sup>th</sup> February at 17:00-19:00pm

Teenage Sleep Workshop (Children aged 13+) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

- Wednesday 2<sup>nd</sup> February at 16:00-18:00pm
- Tuesday 15<sup>th</sup> March at 16:00-18:00pm

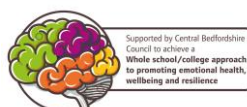
0-5 Resiliency Workshop (Parent's only) - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

- Tuesday 18<sup>th</sup> January at 17:00-19:00pm
- Thursday 21<sup>st</sup> April at 09:30am-11:30am

Primary Resiliency Workshop (Parent workshop for children aged 6-12) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.



**"We believe in our children"**



- Wednesday 2<sup>nd</sup> March at 09:30-11:30am

Secondary Resiliency Workshop (For Teens aged 13+) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 23<sup>rd</sup> March at 16:00-18:00pm

Anxiety Workshop (For parents of children under the age of 12) - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

- Thursday 31<sup>st</sup> March at 17:00-19:00pm

Behaviour Workshop (For parents of children under the age of 8) - The workshop will cover the following topics; Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

- Wednesday 27<sup>th</sup> April at 09:30am-11:30am

**Please note:** that there is a deadline for registering for these workshops which is a week before the workshop date. If we do not receive the families registration form by a week before the workshop then the family will not be added to the register. We are willing to make exceptions for families who wish to attend the 0-5 resiliency workshop next Tuesday but they **must** return their registration form by the end of this week



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