

Children's Wellbeing Practitioner Workshops January – March 2026

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.	Thursday 22 nd January 6-8 pm Thursday 12 th March 6-8 pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Tuesday 27 th January 6-8 pm Tuesday 3 rd March 6-8 pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Tuesday 24 th February 10-12 pm
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.	Tuesday 3 rd February 6-8 pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 8 th January 6-8 pm Tuesday 10 th February 10-12 pm Tuesday 24 th March 6-8 pm
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.	Tuesday 13 th January 10-12 pm Thursday 19 th February 6-8 pm Wednesday 18 th March 10-12 am

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