



Visyon Parent Webinars Watch Again

Our Parent Webinars are intended for you to find out information and ideas about supporting your children's wellbeing and mental health.

They are funded and therefore freely available to parents/carers living/attending schools in Cheshire East. If you live/ attend school outside of Cheshire East but would like to access the webinars, we invite you to donate to Visyon using the following link - [Donate - Donation amount - JustGiving](#)

Parent Webinar Recordings Library:

Managing Big Emotions

https://us02web.zoom.us/rec/share/ExfJgP-1n4pn35mcl267kIVPoSmuleyeabohMC3pa5qwpS4wvN13rZr5F-dSv-x.Q2OSSSX_CcKluB43?startTime=1634718867000 (48 minutes)

Understanding the Teenage Brain

https://us02web.zoom.us/rec/share/YCqx3BSIRRBmIV_NUcaVa1vMOI1CcyTqrhQSnTnK_O8vZu-aDFAsvsei4I2Y.-FdCkyITZv-pzf4q?startTime=1614249167000 (54 minutes)

Building Resilience and Self-Esteem

<https://us02web.zoom.us/rec/share/0Hs3ftUdY6x49o8vGz0dva2fbS8TsHI83lvucLk653qG5WsltdOWknvApffw1O8U.qjIXnQLpuDWEOWGJ?startTime=1610620334000> (51 minutes)

Supporting your Child's Wellbeing

https://us02web.zoom.us/rec/share/IWPMresLJI9onagFF8NJ_VxFl14e5_RXU64tB71s7nUR4rbKMoeTcDj2xjLUGZ53.-CgzgTNRqgmATPyN?startTime=1625041851000 (45 minutes)

The Science of Sleep (and tips to improve it)

https://us02web.zoom.us/rec/share/knR_ySpQP6e4lCKqIW0BZUVxaM63VkyLNaljpxTLiLGjA3lJw6n2sX5VgppHvHrx.xVR5vI1iq8kzY8mx?startTime=1636623269000 (56 minutes)

Understanding and Managing Anxiety

https://us02web.zoom.us/rec/share/TKvqgiHkaHVhoxbigHxrzbusF1DPIpoK-xO20BmYN3Dy21IIVkiVqM_Y_gjYQFz.eNxBurvEebGrnalh?startTime=1614852288000 (58 minutes)

Family Communication

<https://us02web.zoom.us/rec/share/x2b1i2QuEAerQG-2FQKFoP2-AEFApR-De53nZvaPX-Zly8NETyej4zIaZQ9dASAF.etGqx8Ni1NHEXmuT> (52 minutes)

Your views and feedback on these webinars is really important to us. We want to improve and learn what is most useful to you. This evaluation data is also vital in allowing us to continue funding this work. Please take a few moments to complete this short survey –

Feedback Questionnaire - <https://www.surveymonkey.co.uk/r/MKT6KGGQ> Thank you!

If you are interested in finding out about other ways in which Visyon might be able to support you, please visit www.visyon.org.uk or contact us on 01260 290000. Registered Charity Number - 1107951