

FAMILIES AND COMMUNITIES TEAM



## PARENT WORKSHOPS

**Parent Workshop:** Supporting your child and their wellbeing with the impact of the Academic World

Visyon's Families and Communities Team are pleased to offer a **90-minute Parent Workshop**. This Workshop explores the pressures that children face at school and the reasons why school refusal can occur. This workshop looks at the impact of anxiety on a child at school and offers ways to support your child with their anxiety. We also briefly look at the additional pressure of Special Educational Needs (SEN) on a child.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.



If you would like to book a place on the Workshop, please contact

[FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk)

who will contact you with further details.

Places are limited and will be allocated on a first come basis.

**Parent Workshop Date:**

- Tuesday 13<sup>th</sup> December at 6.00 pm – 7.30 pm.



FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



### Suicide and Self-harm Awareness (90 minutes)

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent workshop** which will provide information, advice and strategies to empower parents to effectively support their children with their wellbeing.

The Programme is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place on the Programme, please contact [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk) who will contact you with further details. Places are limited and will be allocated on a first come basis.



### Parent Workshops – Suicide and Self-harm Awareness

- Tuesday 15<sup>th</sup> November 2022 at 06.00 pm – 07.30 pm.

FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



### Parental Separation – Looking after yourself and your family

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop** which will explore Parental Separation. This workshop will look at how your children may be feeling and ways to support them. We will look at ways to take care of your own wellbeing and how to work together to support the whole family.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact [FamiliesandCommunitiesTeam.uk](https://www.familiesandcommunitiesteam.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

#### Parent Workshop – Parental separation

- Tuesday 22 November 2022 at 10.30 am – 12.00 pm.



FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



**Parent Workshop:** Supporting children with Additional Needs.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. In this workshop we will explore the different categories of Additional Need and how they can impact children's Mental Health and Wellbeing. We will examine how you can identify a child's needs, in various environments (especially at home and at school) and how you can support them. We will provide information on a child's rights and how you can ensure that they receive the appropriate support and acceptance in their various environments.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact

[FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk)

who will contact you with further details.

Places are limited and will be allocated on a first come basis.

**Parent Workshop date:**

- Wednesday 23 November 2022 at 10.30 am – 12.00 pm.





## PARENT WORKSHOPS

**Parent Workshop:** Supporting your child and their wellbeing with the impact of the world of social media.

Visyon's Families and Communities Team are pleased to offer a **90-minute Parent Workshop**. This workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their self-esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over the FOMO (Fear of Missing Out).

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact [FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

### Date of Workshop

- Tuesday 29 November 2022 at 6.00 pm – 7.30 pm.



# FAMILIES AND COMMUNITIES TEAM



## PARENT WORKSHOPS

### Helping children manage worries and anxiety.

Visyon's Families and Communities Team are pleased to offer a **7-week Parent Workshop Programme** which will provide information, advice and strategies to empower parents to effectively support their children, with their worries and anxieties.

The Programme is available for Families of **primary school age** children, in **Cheshire East** and will be held at Visyon in Congleton for **face-to-face** delivery. If you would like to book a place on the Programme, please contact the

[FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk)

who will contact you with further details.

Places are limited and will be allocated on a first come basis.



Parent Workshops – Helping children manage anxiety.

- 30/11/2022 - Parenting problems and difficult behaviors.
- 07/12/2022 - Securing the parent/child bond.
- 14/12/2022 - Understanding your child's anxiety.
- 21/12/2022 - Using praise and rewards to build confidence.
- NO SESSIONS DUE TO HALF TERM
- 04/01/2023 - Setting limits on anxious children's behavior.
- 11/01/2023 - Managing children's worry.
- 18/01/2023 - Managing difficult behavior. Review and celebration.

**All 7 sessions need to be attended** consecutively to complete the course and benefit from the learning techniques.

**Each session will start at 10:30 am and finish at 12.00 pm.**

## FAMILIES AND COMMUNITIES TEAM

### SLEEP WORKSHOPS

#### Supporting your child with sleep (2-hour workshop)

Visyon's Family and Community Wellbeing Team are pleased to offer a **Parent Workshop** which will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep.

The Workshop is available to families of children **in reception and above** in **Cheshire East** and will be held at **Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place, please contact [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

#### Parent Workshop Date:

**Tuesday 6<sup>th</sup> December at 10:30am – 12:30pm**

**Plus:** One-to-one support with a sleep practitioner, arranged for a later convenient date



FAMILIES AND COMMUNITITIES TEAM

## PARENT WORKSHOPS



**Parent Workshop:** Supporting children with Loss and Bereavement.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. This workshop will help you to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

### Parent Workshop Date:

- Wednesday 7<sup>th</sup> December 2022 at 1.00 pm – 2.30 pm.

