

Children's Wellbeing Practitioner Workshops October - December 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 own emotional wellbeing and things parents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14 October 6-8pm Tuesday 8 December 10am – 12pm
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 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 10am-12pm
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 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 6-8pm

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