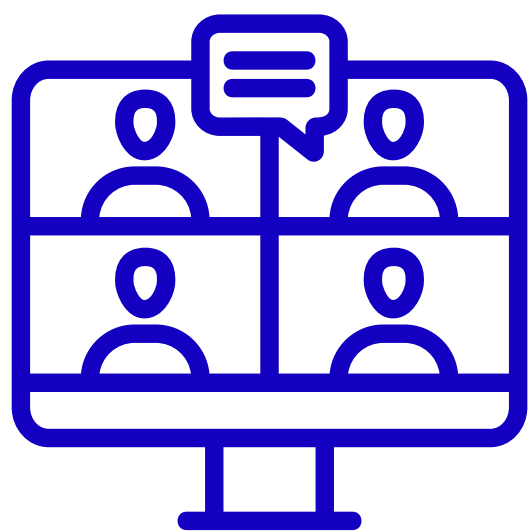


## Online Parent Groups



### Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Tuesday 4th June - Session 1  
Tuesday 11th June - Session 2  
Tuesday 18th June - Session 3  
Tuesday 25th June - Session 4

13:00-14:30 via Zoom

### Challenging Behaviour

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

Monday 3rd June - Session 1  
Monday 10th June - Session 2  
Monday 17th June - Session 3  
Monday 24th June - Session 4  
Monday 1st July - Session 5  
Monday 8th July - Session 6

13:00-14:30 via Zoom



### Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Thursday 20th June - Session 1  
Thursday 27th June - Session 2  
Thursday 4th July - Session 3  
Thursday 11th July - Session 4

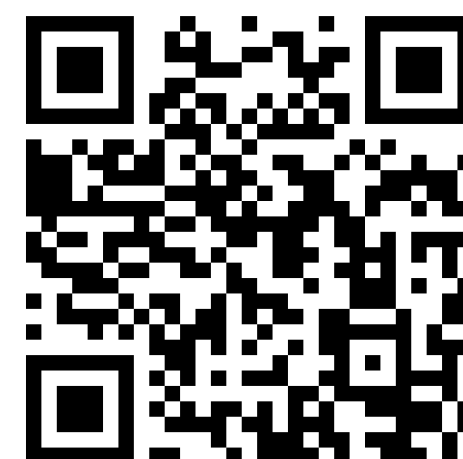
13:00-14:30 via Zoom



### To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:

Harlow - [mhstharlow@mindinwestessex.org.uk](mailto:mhstharlow@mindinwestessex.org.uk)

Epping Forest - [mhsteppingforest@mindinwestessex.org.uk](mailto:mhsteppingforest@mindinwestessex.org.uk)

Uttlesford - [mhstuttlesford@mindinwestessex.org.uk](mailto:mhstuttlesford@mindinwestessex.org.uk)

**There are limited places available so please book your place as soon as possible. If you would like to access the course, but do not have access to the internet, please see your school or contact our team (see above )**