

Families and Communities Team Offer (June 2023)

We offer a wide selection of Parent Carer Workshops to local families (with children aged 8+), which are detailed below. We schedule several workshops each month, which we advertise with the help of the local schools and via social media. Should you require any further information, please contact Visyon's Families and Communities Team.

FamiliesandCommunitiesTeam@Visyon.org.uk

These workshops are free of charge and open to all families in Cheshire East.



FAMILY OPEN ACCESS APPOINTMENTS

This 45-minute appointment can be either face to face, online or by telephone, with a Family Wellbeing Worker and is an opportunity for a parent(s) to talk, offload, get initial tips, guidance, coping strategies and to discuss pathways of support. **For an appointment contact the Initial Contact Team on 01260 290 000.**



PARENT CARER WORKSHOP PROGRAMME

Helping support your child manage their worries and anxiety (7 x 90-minute weekly workshops)

This Programme is evidence based and explores various parenting techniques which can be applied to support an anxious child. This learning is cumulative each week so requires commitment to all seven sessions. This Programme is extremely popular so may have a waiting list.



PARENT CARER WORKSHOP PROGRAMME

Sleep (1 x 90-minute Workshop & 1 tailored family session)

This Programme is evidence based and 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. **Available for families of children in reception and above.**



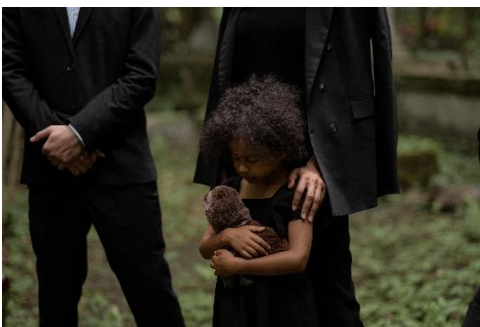
PARENT CARER WORKSHOP (90-minute Workshop)
Supporting your child's wellbeing with the impact of the academic world.

This Workshop explores the pressures that children face at school and the reasons why school avoidance 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 SEN on a child.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting your child with additional needs

This Workshop helps you to ensure that your child's needs are met at school and that they have the support they are eligible for to enhance their education. You will also Learn how other parents have overcome obstacles and advocated for their child.



PARENT CARER WORKSHOP (90-minute Workshop)
Loss and bereavement

This Workshop helps 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.



PARENT CARER WORKSHOP (90-minute Workshop)
Self-harm and suicide

This Workshop looks at the relationship between Self-Harm and Suicide. We look at ways to support a person who is Self-Harming and break down some of the stigmas associated with Self-Harm and Suicide. This Workshop explains where to get further support for a person who is expressing thoughts of Suicide.



PARENT CARER WORKSHOP (90-minute Workshop) **Anxiety**

This Workshop aims to help you to understand the various ways which anxiety presents itself in children and offers ideas on how to support your child to manage their anxiety.



PARENT CARER WORKSHOP (90-minute Workshop) **Supporting your child's wellbeing with the impact of the world of social media**

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 that FOMO (Fear of Missing Out).



PARENT CARER WORKSHOP (90-minute Workshop) **Supporting your child with their sexuality**

This Workshop looks at empowering you as a parent to support your child with navigating their sexuality. Learn how to support them at home and in the community and learn how to explore your feelings around this.



PARENT CARER WORKSHOP (90-minute Workshop) **Supporting your child with bullying.**

This Workshop looks at what bullying is and how it impacts a young person, the responsibilities of school regarding bullying and how parents, families and schools can support children with bullying.



PARENT CARER WORKSHOP (90-minute Workshop)
Connecting with your Teenager

This Workshop explores ways to communicate with your teenager and how to build the all-important connection, to maintain a positive and supportive relationship with your teenager. We will look at managing a challenging, argumentative and explosive teenager and explore strategies for managing a challenging family environment.



PARENT CARER WEBINARS
Online (Recorded)

A series of informative webinars on topics relevant to parent/carers in supporting their children's mental health and wellbeing. The Webinars are available as recordings (see www.visyon.org.uk) for links to view.