

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING



WHEN?

18:00-19:30 8th October 2026

13:00-14:30 13th October 2026

REGISTER AT:

[canva.link/
mhstautumn
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will...

- ✓ Learn how positive mental health supports your child's happiness, confidence and success at school and beyond.
- ✓ Recognise the early signs that your child may be struggling and understand how to respond.
- ✓ Discover practical, everyday strategies to support your child's emotional wellbeing at home.
- ✓ Find out where to access help and support for your family when it is needed.



SCAN ME



FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



SUPPORTING YOUR CHILD'S BIG FEELINGS

AN EMOTION COACHING
APPROACH

In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family.
- ✓ A range of tools (including Emotion Coaching) to boost your child's, and your own, emotional resilience.



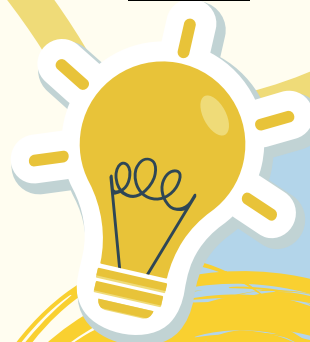
WHEN?

13:00-14:30 20th October 2026

18:00-19:30 22nd October 2026

REGISTER AT:

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2026](https://canva.link/mhstautumn2026)



SCAN ME

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



HELPING YOUR CHILD & TEEN SLEEP:

TOOLS, TIPS &
TECHNIQUES

In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will...

- ✓ Learn why sleep is so important for wellbeing, mood and learning.
- ✓ Understand common sleep challenges and what gets in the way.
- ✓ Discover simple, evidence-based tips to improve sleep habits.
- ✓ Help your child feel happier, healthier and ready to reach their potential.



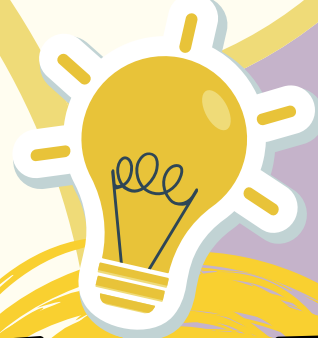
WHEN?

9:30-11:00 6th November 2026

18:00-19:30 12th November 2026

REGISTER AT:

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2026](https://canva.link/mhstautumn2026)



SCAN ME

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
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Support Team



BOOSTING SELF-ESTEEM & RESILIENCE

HELPING YOUR CHILD
TO THRIVE

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength.
- ✓ Simple ways to encourage your child's strengths, talents and interests.
- ✓ Helping children overcome negative self-talk and build a positive mindset.
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience.



WHEN?

13:00-14:30
21st October 2026

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SCAN ME



FREE WEBINARS FOR PARENTS & CARERS

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Support Team



COPING WITH EXAMS:

SUPPORTING YOUR CHILD

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will...

- ✓ Understand what exam stress can look like and why young people can feel overwhelmed.
- ✓ Learn what children and teenagers really need from parents before, during and after exams.
- ✓ Discover practical ways to reduce pressure and boost confidence, motivation and wellbeing.
- ✓ Take away simple strategies to help your child navigate exams feeling supported and resilient.



WHEN?

13:00-14:30

19th November 2026

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