

September & October 2023

Online and face to face Parent/Carer Information Sessions
available through Northorpe Hall website

<https://chewsnews.northorpehall.co.uk/workshops.php#>

September 2023	
Date & Time	Information Session
Tuesday 5 th at 1:00pm-2:30pm	Promoting Self-Esteem and Resilience
Tuesday 5 th at 6:00pm-7:30pm	Understanding and Supporting Anxiety
Wednesday 6 th at 1:00pm-2:30pm	Understanding Behaviour as Communication
Thursday 7 th at 10:00am-11:30am	The Teenage Brain
Tuesday 12 th at 10:00am-11:30am	Maintaining Positive Emotional Well-being
Friday 15 th at 10:00am-11:30am	Supporting Sleep
Tuesday 19 th at 1:00pm-2:30pm	Understanding Behaviour as Communication
Wednesday 20 th at 1:00pm-2:30pm	Understanding and Supporting Anxiety
Thursday 21 st at 1:00pm-2:30pm	Positive Communication and Attachment
Monday 25 th at 10:00am-11:30am	Healthy Relationship with Food
Tuesday 26 th at 10:00am-11:30am	Promoting Self-Esteem and Resilience
Tuesday 26 th at 6:00pm-7:30pm	Understanding Behaviour as Communication
Wednesday 27 th at 1:00pm-2:30pm	The Teenage Brain
October 2023	
Date & Time	Information Session
Monday 2 nd at 10:00am-11:30am	Maintaining Positive Emotional Well-being
Wednesday 4 th at 1pm-2:30pm	Supporting Sleep
Thursday 5 th at 6:00pm-7:30pm	The impact of the digital age on mental wellbeing
Monday 9 th at 1:00pm-2:30pm	Understanding Behaviour as Communication
Wednesday 11 th at 1:00pm-2:30pm	Introduction to Children and Young People's Mental Health
Friday 13 th at 10:00am-11:30pm	The Teenage Brain
Tuesday 17 th at 10:00am-11:30am	Healthy Relationship with Food
Tuesday 17 th at 6:00pm- 7:30pm	The Teenage brain
Wednesday 18 th at 1:00pm-2:30pm	Positive Communication and Attachment
Friday 20 th at 10:00am-11:30am	Understanding and Supporting Anxiety
Monday 23 rd at 1:00am-11:30am	Promoting Self-Esteem and Resilience
Tuesday 24 th at 1:00pm-2:30pm	Introduction to Self-Harm
Wednesday 25 th at 1:00pm-2:30pm	The impact of the digital age on mental wellbeing