

- **Introduction to Children and Young People's Mental Health**
Provides a general overview of good mental health and resources to support poor mental health.
- **Exploring Loss and Grief**
To develop an understanding of loss and grief and how to support with bereavement in CYP
- **Maintaining Positive Emotional Well-being**
Looking at self-care to enhance our sense of positive well-being.
- **Positive Communication and Attachment**
Understanding the importance of how we talk and interact with young people to minimise communication breakdown.
- **Scaffolding Self-Esteem**
Low self-esteem can have a massive impact on emotional and mental wellbeing, so this session provides tips in building confidence and a growth mind-set.
- **Supporting CYP with Parental Separation**
To understanding the impact this can have on the emotional and mental wellbeing of CYP with a view to minimising this and promoting positive co-parenting.
- **Supporting Sleep**
Understanding the science of sleep, challenges faced due to lack of sleep and suggestions on how to improve our sleep.
- **The Impact of the Digital Age on Mental Wellbeing**
Information on how to keep our CYP safe using the internet and social media to avoid the potential of a negative impact emotionally and mentally.
- **The Teenage Brain**
Information on the changes which occur in teenagers and how we can support them constructively through this time.
- **Understanding and Supporting Anxiety**
Information about what anxiety is and resources to support manage anxiety when this becomes overwhelming.
- **Understanding Behaviour as Communication**
A brief overview of why children may behave the way they do.
- **Introduction to Self-Harm**
Information on how to support young people who use self-harm as a coping mechanism