



# Ardleigh Green

## Learning Federation

Welcome to Havering CAMHS workshops for parents/carers!

Each workshop has two time options - morning sessions start at 10:00am and finish at 11:00am, evening sessions start at 18:00 and finish at 19:00. Please see below for details of each workshop and a link to book. Places are limited so will need to be booked ASAP via Eventbrite.

### **Sleep hygiene: Monday 12th October 2020**

Over the past several months due to COVID restrictions and lockdown parents have raised concerns around the effect that disrupted routines and poor sleep has had on the emotional wellbeing of their children and young people. This 1 hour workshop is intended to bring parents and CAMHS clinicians together to learn about the importance of healthy sleep, some of the causes and to create strategies that can help address behavioural and emotional issues that lack of sleep can cause.

Link to book: <https://www.eventbrite.co.uk/e/sleep-hygiene-for-parents-workshop-12-october-2020-tickets-123449140703>

### **Anxiety management: Monday 19th October 2020**

Over the past several months due to COVID restrictions and lockdown parents have raised concerns around a significant rise in anxiety expressed by their children and young people which is having an impact on their behaviour and overall emotional wellbeing. This 1 hour work-shop is intended to bring parents and CAMHS clinicians together to learn about the importance of managing anxieties, some of the causes and to create strategies that can help address behavioural and emotional issues that excessive anxiety can cause.

Link to book: <https://www.eventbrite.co.uk/e/anxiety-management-19-october-2020-tickets-123450290141>

### **Physical and Emotional Wellbeing Monday 26th October 2020:**

Over the past several months due to COVID restrictions and lockdown parents have raised concerns around the impact of reduced physical activity has had on their children and young peoples' behaviour and overall emotional well-being.

This 1 hour work-shop is intended to bring parents and CAMHS clinicians together to learn about the importance of remaining physically active and making healthy diet choices. We also aim to create strategies that can help address behavioural and emotional issues that restrictions on physical exercise and diet choices can cause. Please note, this is the correct description of the physical and emotional wellbeing workshop on the link.

Link to book: <https://www.eventbrite.co.uk/e/physical-and-emotional-wellbeing-26-october-2020-tickets-123451265057?aff=erelpanelorg>

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