

# Parent/Carer Virtual Support Group Sessions

Connect deliver monthly Online sessions covering topics that will help you to support and respond to your child's wellbeing needs. Emails are sent out from your child's school each month, to invite you to register for the session. Once you have registered Connect will send you the Zoom meeting link.



All Parents and carers supporting children with social, emotional and mental health needs are welcome to attend.

## What to expect at the session

- Topics each month, focused on supporting you to support your child with wellbeing difficulties
- Wellbeing top tips, linked to the topics
- Space to talk, ask questions and connect with others
- The opportunity to discuss how to access wellbeing support for your child in school
- A space to feel supported and less alone

**Throughout the academic year, Connect aims to cover a range of Wellbeing topics. These have included**

- Anxiety & the teenage brain
- Exam Stress
- Low Mood
- Self Care for parent carers
- Managing emotions
- Supporting your child with transitions



If you are interested in registering for these sessions, please click or scan our QR code above or speak to your schools Senior Mental Health Lead or email [connectmhst@northyyneside.gov.uk](mailto:connectmhst@northyyneside.gov.uk)