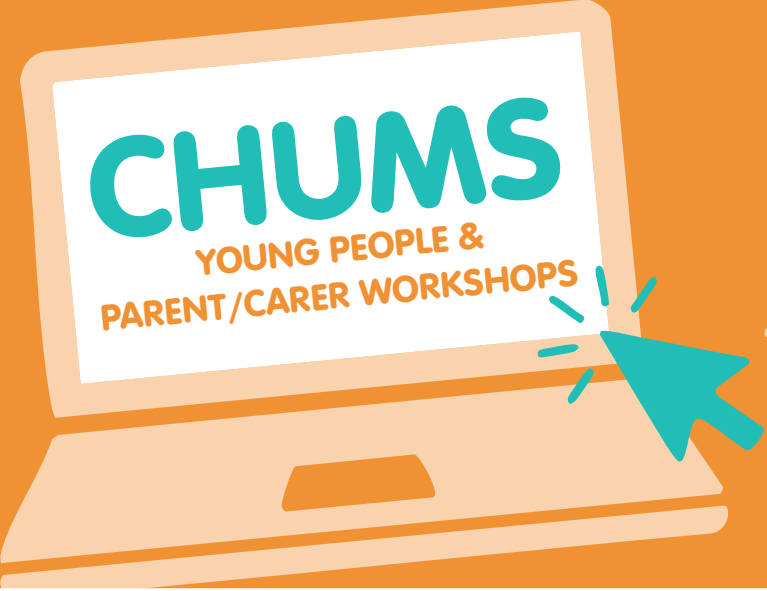




# CHUMS

YOUNG PEOPLE &  
PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

*Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).*

## ANXIETY WORKSHOPS

### 11+ ANXIETY

**10/9/26 @ 4PM - 6PM**

*(For young people aged 11+, parents also welcome to attend)*

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

### PARENT ANXIETY

**21/9/26 @ 9:30AM - 11:30AM**

*(For parents of young people aged 5 - 11 years old)*

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

## SLEEP WORKSHOPS

### UNDER 12'S SLEEP

**11/9/26 @ 9:30AM - 11:30AM**

*(For parents of young people aged 4 - 12 years old)*

One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.

### OVER 12'S SLEEP

**16/10/26 @ 3PM - 5PM**

*(For young people aged 13+, parents also welcome to attend)*

One-off workshop which explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

## RESILIENCY WORKSHOP

**6/10/26 @ 9:30AM - 11:30AM**

*(For parents of young people aged 5 - 11 years old)*

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

## EXAM STRESS WORKSHOP

**22/10/26 @ 4PM - 6PM**

*(For young people aged 12+ and parents)*

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

## BEHAVIOUR WORKSHOP

**9/11/26 @ 9:30AM - 11:30AM**

*(For parents of young people aged 5-11 years old)*

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

## SELF-ESTEEM WORKSHOPS

### TEENAGE SELF-ESTEEM

**26/11/26 @ 4PM - 6PM**

*(For young people aged 13+, parents also welcome to attend)*

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

### PARENT SELF-ESTEEM

**9/12/26 @ 9.30AM - 11.30AM**

**15/1/27 @ 9.30AM - 11.30AM**

*(For parents of young people aged 5 - 12 years old)*

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.



To register for any of our workshops, please fill in the workshop referral form in the referral form section, state that the referral is for a workshop and include the workshop name/time/date required.

<https://chums.uk.com/emotional-wellbeing-service/>