

# Emotional Well-Being Workshops for Parents and Carers

The **Emotional Well-Being Teams (EWT)** in Kent are committed to early intervention and prevention of emotional well-being and mental health difficulties. They work in a variety of ways to provide support to parents with their children. We are very pleased to welcome our new **Children's Well-Being Practitioner, Kholood Al Muharrami**, who will be based in our school and will be working alongside parents, carers and staff. For now, the support will be provided remotely online, but it is hoped that as restrictions lift, Kholood will be able to join us in school.

Below are details of more workshops run by the **Emotional Well-Being Team**, which are available to all parents and carers. In this respect, we would like to highlight two new workshops:

- **Transition Back to School** is a really helpful workshop which will provide support for any parents and carers who are looking at how they can help to prepare their child for the return to school.
- **Create and Connect** workshops focus on developing activities to support the ways to well-being and is suitable for both parents and children to attend.

**All you need to do, is click on the zoom link to join the workshop at the relevant date and time.  
No pre-booking is required.**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 2</b> (Monday 1 <sup>st</sup> March to Friday 5 <sup>th</sup> March)	First session of <b>Create and Connect at 4pm</b> (Emma and Aneesa) <a href="https://zoom.us/j/96743042819?pwd=dTFkOUgzSkIKUHJDSllxSEYwV2lSQT09">https://zoom.us/j/96743042819?pwd=dTFkOUgzSkIKUHJDSllxSEYwV2lSQT09</a>	<b>Introduction to ASC at 1-2pm</b> (Chantelle and Izzy) <a href="https://zoom.us/j/92602399926?pwd=VWQ3VjY0STJoWklWcmJjQnliRG5idz09">https://zoom.us/j/92602399926?pwd=VWQ3VjY0STJoWklWcmJjQnliRG5idz09</a>			<b>Transition Back to School at 3.30pm</b> (Izzy and Aneesa) <a href="https://zoom.us/j/92222860863?pwd=Z3ZlRmZvRlXfKwTRIRmEzQi9BN0Zjdz09">https://zoom.us/j/92222860863?pwd=Z3ZlRmZvRlXfKwTRIRmEzQi9BN0Zjdz09</a>
<b>Week 3</b> (Monday 8 <sup>th</sup> March to Friday 12 <sup>th</sup> March)	<b>Understanding My Child's Anxiety at 1pm</b> (Emma and Chantelle) <a href="https://zoom.us/j/99445826284?pwd=dWRocUx5UUUVBmUyWGY0ME1obDVLZz09">https://zoom.us/j/99445826284?pwd=dWRocUx5UUUVBmUyWGY0ME1obDVLZz09</a>  <b>Second session of Create and Connect at 4pm</b> (Izzy and Chantelle) <a href="https://zoom.us/j/92182594850?pwd=UOVHV1JMV1h3UGFmNXVlYnFKei8zQT09">https://zoom.us/j/92182594850?pwd=UOVHV1JMV1h3UGFmNXVlYnFKei8zQT09</a>			<b>Transition Back to School after Lockdown at 11am</b> (Emma, Chantelle and Kholood) <a href="https://zoom.us/j/92778581712?pwd=OHJvaCtSSVVUQ2hJWVVA5NldqaWU4UT09">https://zoom.us/j/92778581712?pwd=OHJvaCtSSVVUQ2hJWVVA5NldqaWU4UT09</a>	
<b>Week 4</b> (Monday 15 <sup>th</sup> March to Friday 19 <sup>th</sup> March)	Third session of <b>Create and Connect at 4pm</b> (Emma and Kholood) <a href="https://zoom.us/j/91415193216?pwd=SElwbkjuQmNxQVROsmVHYzFwbWNmUT09">https://zoom.us/j/91415193216?pwd=SElwbkjuQmNxQVROsmVHYzFwbWNmUT09</a>	<b>Understanding ADHD at 1pm</b> (Emma and Izzy) <a href="https://zoom.us/j/96291505281?pwd=SG5JWDRWODVUT3pCcjQ5YkNkbDRrZz09">https://zoom.us/j/96291505281?pwd=SG5JWDRWODVUT3pCcjQ5YkNkbDRrZz09</a>		<b>Understanding my Child's Behaviour at 10am</b> (Emma and Aneesa) <a href="https://zoom.us/j/92526834065?pwd=R0FneWlpVzNceXQ2Mk5uQURqbHZZz09">https://zoom.us/j/92526834065?pwd=R0FneWlpVzNceXQ2Mk5uQURqbHZZz09</a>	
<b>Week 5</b> (Monday 22 <sup>nd</sup> March to Friday 26 <sup>th</sup> March)	Fourth session of <b>Create and Connect at 4pm</b> (Aneesa and Chantelle) <a href="https://zoom.us/j/94893714977?pwd=aUlnOUhyUmZ1UnpaV3JGWXBjMDhkZz09">https://zoom.us/j/94893714977?pwd=aUlnOUhyUmZ1UnpaV3JGWXBjMDhkZz09</a>				