

Parent

Workshops

Online Workshops

Aimed at parents of children in primary school



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Me and My Child: Understanding Resilience

Wednesday 9th April 10:30am – 12:30pm

Would you like to come and **meet with other parents and carers to reflect and generate ideas of how you can be a positive role model of resilience for your child?**

You are invited to a **workshop about understanding resilience and its importance in your child's development.** It will help you to consider factors which can help to **build your child's' resilience in the context of caring relationships.**

If you would like to join, please ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:

[Join the meeting now](#) Meeting ID: 320 369 568 303 Passcode: Qz9WN7Ru

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions, please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs, then please email:

EWTanESTenquiries@nelft.nhs.uk

We look forward to meeting you!



www.nelft.nhs.uk