

**MHST**

Mental Health Support Team

Parent Workshop

Please join us for a Mental Health Support Team (MHST) parent workshop for promoting positive behaviours.

This is a 2-part workshop, based on the guided self-help intervention Brief Incredible Years. The workshop aims to develop understanding of behaviours in children and build on your toolkit of strategies for promoting positive behaviours and regulating emotions.

The session will consist of a presentation, discussions, plus, tea and biscuits!



There will be two Education Mental Health Practitioners running this session.

WHEN?

PART 1: WEDNESDAY 22ND OF APRIL
PART 2: WEDNESDAY 29TH OF APRIL

WHERE? TACKLEY C OF E PRIMARY SCHOOL

WHAT TIME? FROM 3PM-4:30PM

**SIGN UP:
VIA THE
SCHOOL
OFFICE**