

Children's Wellbeing Practitioner Workshops April – June 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<p>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	<p>Tuesday 28th April 10am-12pm Tuesday 30th June 6-8pm</p>
<p>Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	<p>Tuesday 7th April 6-8pm Monday 8th June 6-8pm</p>
<p>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Monday 13th April 10am-12pm Tuesday 5th May 6-8pm Monday 15th June 10am-12pm</p>
<p>General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	<p>Tuesday 21st April 6-8pm Wednesday 20th May 10am-12pm Tuesday 23rd June 6-8pm</p>

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>