

## WHAT'S ON AT VISYON for Cheshire East Parents:

After the successful launch of our Parent Mental Health and Wellbeing Workshops, earlier in the year, the Families and Communities Team have been working incredibly hard to expand our offer to local families (with children aged 8+) and are thrilled to now communicate our offer for this first academic half term (**Please see attached Workshop Schedule for dates and how to book a place**).



### FAMILY OPEN ACCESS APPOINTMENTS

**Mondays 3.00–5.30 pm, Tuesdays 12.30–3.00 pm**

This 45-minute appointment can be either face to face, online or by telephone, with a Family Wellbeing Worker and is an opportunity for a parent(s) to talk, offload, get initial tips, guidance, coping strategies and to discuss pathways of support. **For an appointment contact the Initial Contact Team on 01260 290 000.**



### PARENT WORKSHOP PROGRAMME

**Helping Support Your Child Manage Their Worries and Anxiety (7 x 90-minute weekly workshops)**

This Programme is evidence based and explores various parenting techniques which can be applied to support an anxious child. This learning is cumulative each week so requires commitment to all seven sessions. This Programme is extremely popular so may have a waiting list.



### PARENT WORKSHOP PROGRAMME

**Sleep (1 x 90-minute Workshop & 1 tailored family session)**

This Programme is evidence based and will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep. **Available for families of children in reception and above.**



**PARENT WORKSHOP** (90-minute Workshop)  
**Healthy Relationships**

This Workshop offers ideas on how to talk to your child about their relationships with other children and adults in their lives. It looks at what is acceptable behaviour within a relationship and considers how behaviours may become harmful. It offers support on how to approach abuse within a relationship and where to get further specialist support.



**PARENT WORKSHOP** (90-minute Workshop)  
**Supporting your Child with the Academic World**

This Workshop explores the pressures that children face at school and the reasons why school refusal can occur. This workshop looks at the impact of anxiety on a child at school and offers ways to support your child with their anxiety. We also briefly look at the additional pressure of SEN on a child.



**PARENT WORKSHOP** (90-minute Workshop)  
**Supporting your Child with Additional Needs**

This Workshop helps you to ensure that your child's needs are met at school and that they have the support they are eligible for to enhance their education. Learn how other parents have overcome obstacles and advocated for their child.



**PARENT WORKSHOP** (90-minute Workshop)  
**Understanding Attachment**

This Workshop looks at the different attachment styles and how they may present themselves through our children's behaviours. It aims to help us as adults to understand our attachments. We also explore separation anxiety and how to support your child with this.



**PARENT WORKSHOP** (90-minute Workshop)  
**Loss and Bereavement**

This Workshop helps us to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.



**PARENT WORKSHOP** (90-minute Workshop)  
**Childhood Development**

This Workshop looks at developmental milestones for a school-aged child and the impact of stress on child development. The workshop offers strategies to support healthy childhood development.



**PARENT WORKSHOP** (90-minute Workshop)  
**Self-Harm and Suicide**

This Workshop looks at the relationship between Self-Harm and Suicide. We look at ways to support a person who is Self-Harming and break down some of the stigmas associated with Self-Harm and Suicide. This Workshop explains where to get further support for a person who is expressing thoughts of Suicide.



**PARENT WORKSHOP** (90-minute Workshop)  
**Managing and Supporting your Child's Emotions**

This Workshop looks at what drives behaviour in young people. It aims to help parents to understand some of the challenges that young people face when managing their emotions and offers practical ideas on how to support a young person with their emotions.



**PARENT WORKSHOP** (90-minute Workshop)

**Anxiety**

This Workshop aims to help you to understand the various ways which anxiety presents itself in children and offers ideas on how to support your child to manage their anxiety.



**PARENT WORKSHOP** (90-minute Workshop)

**Trauma**

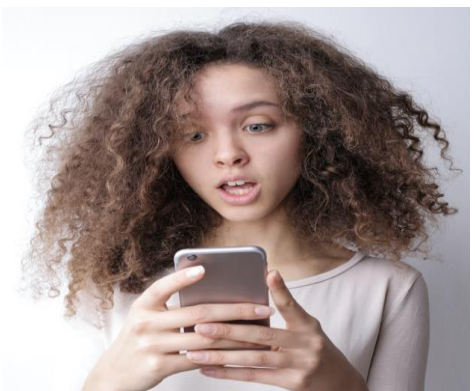
This Workshop explores the effects of trauma upon young people. We look at how to support a child who is dealing with trauma and how this may be displayed through their behaviours. We look at working in a Trauma Informed way and how we can make changes to our approach with young people who are dealing with trauma.



**PARENT WORKSHOP** (90-minute Workshop)

**Resilience and Self-Esteem**

This Workshop will look at the impact of stress upon our young people, when stress can be useful and when we need to manage stress better. We explore how to build Resilience and Self-Esteem in children.



**PARENT WORKSHOP** (90-minute Workshop)

**Supporting your Child with the World of Social Media**

This Workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their Self-Esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over that FOMO (Fear of Missing Out).



**PARENT WORKSHOP** (90-minute Workshop)  
**Connecting with your Teenager**

This Workshop explores way to communicate with your teenager and how to build a connection. We will look at controlling hostile environments and also dealing with an explosive and argumentative teenager.



**PARENT WORKSHOP** (90-minute Workshop)  
**Supporting your Child with their Sexuality**

This Workshop looks at empowering you as a parent to support your child with navigating their sexuality. Learn how to support them at home and in the community and learn how to explore your feelings around this.



**PARENT WORKSHOP** (90-minute Workshop)  
**Parental Separation**

This Workshop explores the impact of parental separation upon the whole family and practical ways to work together to support your children whilst navigating a separation or divorce. We offer ideas of how to support your child and look after yourself too.



**PARENT WEBINARS**  
**Online (Recorded)**

A series of informative webinars on topics relevant to parents/carers in supporting their children's mental health and wellbeing. The Webinars are available as recordings (see [www.visyon.org.uk](http://www.visyon.org.uk) for links to view).

To find out dates of the Workshops and how to book a place, please see the attached Workshop Schedule. Should you require any further information please contact Lynne Fitton ([Lynne.fitton@Visyon.org.uk](mailto:Lynne.fitton@Visyon.org.uk)).

**These sessions are free of charge and open to all in Cheshire East**