



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Workshops

These workshops are aimed at supporting parents/carers of young people in secondary school.

Body and Mind: Supporting the Wellbeing of Children
Wednesday 15th November 5-6pm

Body and Mind: Raising Awareness of Eating Disorders
Wednesday 22nd November 5-6pm

We have joined with Creative Education to develop and offer two workshops for parents around supporting your child's wellbeing and raising awareness of Eating Disorders.

We will be offering 2 online workshops covering the following topics:

- Raising awareness about how we can support young people
- Sharing guidance on social media
- Providing an opportunity to talk about self-care
- Sharing strategies to help you talk about mental health to young people
- Raising awareness of eating disorders and disordered eating

You will get the most from the workshops if you are able to attend both, but you can join either session.

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

[Click here to join the meeting](#)

Meeting ID: 315 040 643 637

Passcode: gABgVU

You do not need an account to join. You will need access to the internet. If you have any questions, please speak with your school.

We look forward to meeting you!

