

## Local Parent Workshops

Northorpe Hall are running a number of free, informal parent workshops, which some of our families have already found very useful. Currently available are:

- Introduction to Children & Young People's Mental Health
- Understanding Behaviour as Communication
- Understanding and Supporting Anxiety
- Positive Communication and Attachment
- Introduction to Self-Harm
- Maintaining Positive Emotional Well-being
- The Teenage Brain
- Transition to High School
- ASC (Autism Spectrum Condition) Awareness Session



Call 01924 492183 to book a workshop place