



Free webinar series **What's Going On for My Child or Teen?**

Do you want to help your child or teen who may be exhibiting challenging behaviours or experiencing distress?

Join us for this series of free webinars, presented by expert facilitators to learn strategies to support your child or teen. Parents, caregivers, teachers, and those working with children can gain the confidence and tools to address a range of issues that may affect children and teens. Attend the entire series or choose which webinars you'd like to attend.

1 **The Importance of Self-Care and Self-Regulation**

Wednesday 19 October, 7.00pm – 8.30pm

Gain an understanding of the importance of looking after yourself first, and learn tips and tools for self-care. Facilitated by Mel Johns.

2 **Strategies for Challenging Behaviour**

Tuesday 25 October, 7.00pm – 8.30pm

Explore what might drive challenging behaviour, and develop strategies that can be used when this behaviour arises. Facilitated by Catherine Gallagher.

3 **Anxiety in Children and Teens**

Tuesday 1 November, 7.00pm – 8.30pm

Develop your knowledge and understanding of anxiety in children and learn ways you can support them. Facilitated by Catherine Gallagher.

4 **School Avoidance**

Tuesday 8 November, 7.00pm – 8.30pm

Explore the issue of children avoiding school, discover how this is often linked to anxiety, and gain tools to address school avoidance. Facilitated by Catherine Gallagher.

(It is highly recommended that you also attend the session on anxiety as this is often a key driver of school avoidance).

5 **Supporting Children and Teens Through Big Emotions**

Wednesday 16 November, 7.00pm – 8.30pm

Gain an understanding of how you can support your child or teen who may be experiencing intense feelings. Facilitated by Sarah Drummond.

6 **The Importance of Healthy Sleep Habits**

Wednesday 23 November, 7.00pm – 8.30pm

Explore the importance of sleep habits and learn ways to establish healthy routines. Facilitated by Ruth Troughton.

7 **Supporting Children and Teens in a Digital World**

Register at
mherc.org.nz

Contact education@mherc.org.nz
or 0800 424 399 for more information

Register Here

 **MHERC**
Mental Health Education & Resource Centre

Wednesday 30 November, 7.00pm – 8.30pm

Consider the effects on children and teens living in a digital world and explore tools and strategies which can be used to have discussions about wellbeing and safety online. Facilitated by NetSafe.