

# EWMHS/EP Support for Schools – 2021/2022

We are presenting the following topics this academic year:

- Supporting children and young people with stress and anxiety
- Supporting children and young people with low mood and depression
- Cognitive Behaviour Therapy (CBT) and early intervention work
- Think Family: How family experiences impact children and young people

These trainings are appropriate for any member of primary/secondary school staff but may be of particular benefit for SENCo, Inclusion/Pastoral Leaders, SEMH or wellbeing support staff.



All trainings will be virtual and delivered through Microsoft Teams. You only need to attend one session for each topic. All training is delivered for free.

Topic	Dates	
<b>Supporting children and young people with Anxiety</b>	Thursday 14 <sup>th</sup> October 9.30-11.00am Tuesday 7 <sup>th</sup> December 9.30-11.00am Thursday 3 <sup>rd</sup> February 9.30-11.00am	To book a place on any of the courses please book through the <b>Education Essex Online Booking System</b>  <a href="#">Education Essex Online Booking System</a>
<b>Supporting children and young people with low mood and depression</b>	Tuesday 19 <sup>th</sup> October 2.30-4.00pm Tuesday 14 <sup>th</sup> December 2.30-4.00pm Thursday 3 <sup>rd</sup> February 2.30-4.00pm	
<b>Cognitive Behaviour Therapy (CBT) and early intervention work</b>	Tuesday 12 <sup>th</sup> October 2.30-4.00pm Thursday 9 <sup>th</sup> December 9.30-11.00am Tuesday 1 <sup>st</sup> February 9.30-11.00am	
<b>Think Family: How family experiences impact children and young people</b>	Thursday 2 <sup>nd</sup> December 2.30-4.00pm Tuesday 1 <sup>st</sup> February 2.30-4.00pm	

From the summer term each of the trainings will be available to watch online in your own time, and there will be scheduled live Q&A sessions with an Educational Psychologist about each of the training sessions that you can join for free, once you have watched the training session.

Booking for these Q&A sessions will be through the same booking system above.