



# Save the dates

## Parent Information session's -



Online every month (1/2 hr. each session)

**Download Microsoft teams or scan the QR code**

Exam stress Thursday 19 <sup>th</sup> March 2026	12:30pm Meeting ID: 322 666 345 873 6 Passcode: Gr6Mo3UC	5:30pm Meeting ID: 374 855 432 218 7 Passcode: pg6BQ9Zu
Food and mood Thursday 16 <sup>th</sup> April 2026	12:30pm - Meeting ID: 398 536 016 635 4 Passcode: 4ZU2mL67	5:30pm Meeting ID: 398 536 016 6354 Passcode: 4ZU2mL67
Supporting your child's mental health Thursday 21 <sup>st</sup> May 2026	12:30pm Meeting ID: 364 803 359 117 0 Passcode: rp6RC3hM	5:30pm Meeting ID: 364 803 359 117 0 Passcode: rp6RC3hM
Understanding anxiety Thursday 18 <sup>th</sup> June 2026	12:30pm Meeting ID: 359 004 013 4333 Passcode: e4ch6pE7	5:30pm Meeting ID: 359 004 013 4333 Passcode: e4ch6pE7
Understanding low mood Thursday 16 <sup>th</sup> July 2026	12:30pm Meeting ID: 347 010 276 371 2 Passcode: qc3sT7bm	5:30pm Meeting ID: 347 010 276 371 2 Passcode: qc3sT7bm
Children's Mental Health in a Digital Age Thursday 20 <sup>th</sup> August 2026	12:30pm Meeting ID: 329 113 282 619 7 Passcode: Ys7i9VV7	5:30pm Meeting ID: 329 113 282 619 7 Passcode: Ys7i9VV7

**FREE**

## Thursday 19<sup>th</sup> March 2026 - Exam Stress at 12:30pm and 5:30pm

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores how you can support your child's exam stress-

### The session explores :

- To understand the body's natural reactions to worry and stress
- To discuss helpful ways of supporting your child in managing exam stress
- Normalising worry



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 322 666 345 873 6**

**Passcode: Gr6Mo3UC**

**5:30pm - Meeting ID: 374 855 432 218 7**

**Passcode: pg6BQ9Zu**

**FREE**

## Thursday 16<sup>th</sup> April 2026 - Food and Mood Workshop at 12:30pm and 5:30pm

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores the impact of food on mood -

### The Webinar explores :

- To provide an overview of how food and drinks affect the way we think and feel.
- To consider the benefits of eating regularly throughout the day.
- To consider why eating with others is helpful for our wellbeing.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 398 536 016 635 4**

**Passcode: 4ZU2mL67**

**5:30pm - Meeting ID: 398 536 016 635 4**

**Passcode: 4ZU2mL67**

**FREE**

## Thursday 21<sup>st</sup> May 2026 - Supporting your child's mental health at 12:30pm and 5:30pm

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores how to support your child's mental health -

### The session explores :

- What is mental health
- What can impact mental health
- When is support needed
- What support looks like
- what to do to maintain positive mental health



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 364 803 359 117 0**

**Passcode: rp6RC3hM**

**5:30pm - Meeting ID: 364 803 359 117 0**

**Passcode: rp6RC3hM**

**FREE**

**Thursday 15<sup>th</sup> June 2026 -  
Understanding anxiety at 12:30pm and 5:30pm**

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores anxiety -

**The session explores :**

- To gain an understanding of the support provided by the Mental Health Support Team (MHST).
- To identify possible signs and symptoms of worry in children and young people.
- To learn strategies to support your child if/when they are experiencing worry.
- To recognise when and know how to request specialist support for your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 359 004 013 433 3**

**Passcode: e4ch6pE7**

**5:30pm - Meeting ID: 359 004 013 433 3**

**Passcode: e4ch6pE7**

**FREE**

## Thursday 20<sup>th</sup> August 2026 - Children's mental health in the digital age at 12:30pm and 5:30pm

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores Children's mental health in digital age

### The session explores :

- Evidence around social media, technology and mental health
- Moving with the times
- Impact on mental health
- Thoughts, feelings, behaviour cycle
- What can you do to support your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 329 113 282 619 7**

**Passcode: Ys7i9VV7**

**5:30pm - Meeting ID: 329 113 282 619 7**

**Passcode: Ys7i9VV7**