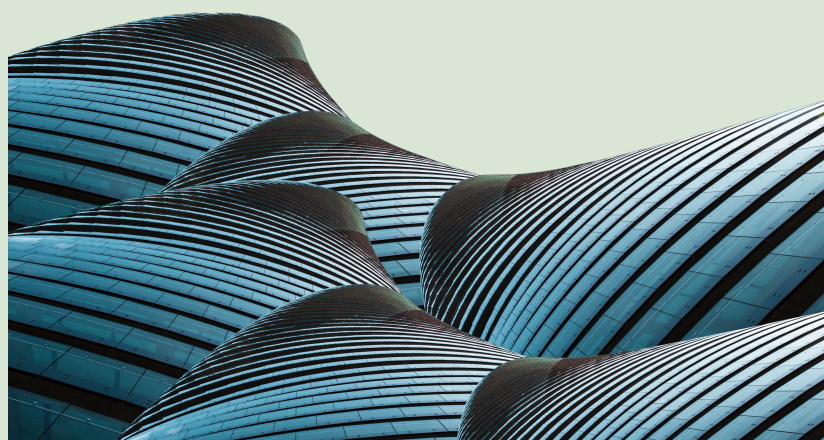


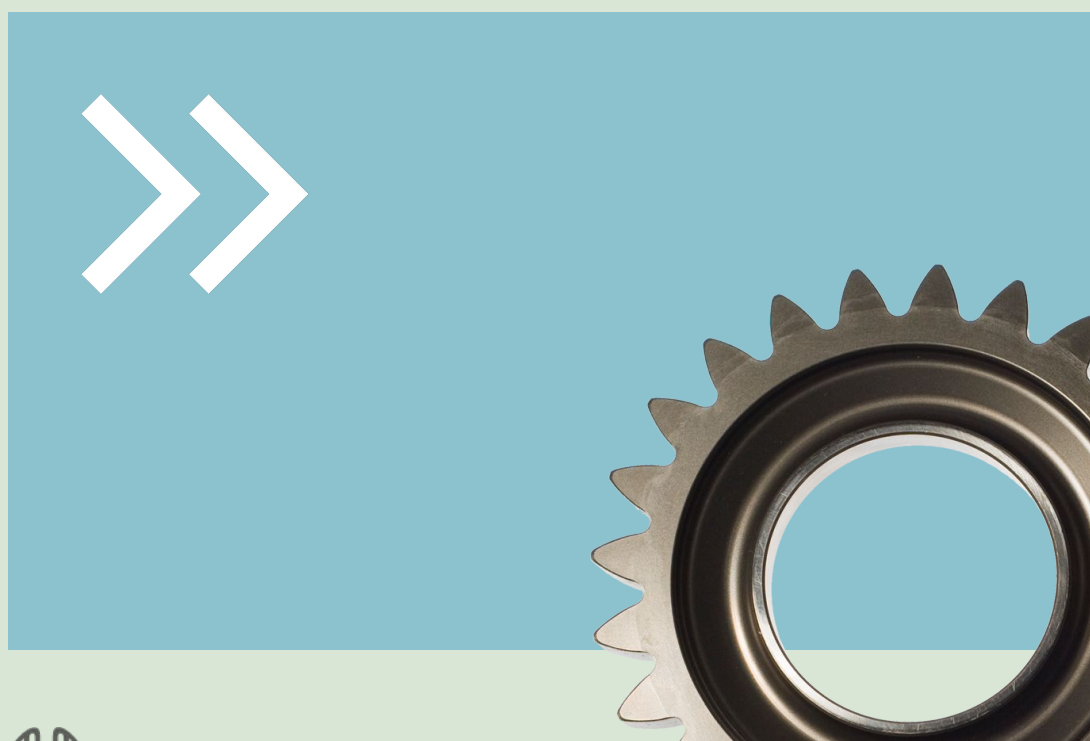
HEDROC TRAINING WORKSHOPS

Workshop Title	Parenting during a pandemic: supporting the well-being of your children
Workshop code	HD0016
Format	Online - interactive workshop
Trainers	Hedroc consultant (Clinical Psychologist)
Duration	50 mins
Target audience	Employees with children



Aims

- To provide a space for parents to reflect on worries they might have about the mental health and well-being of their children during these uncertain times.
- Support your child with symptoms of anxiety around school/ friendships/ health/ separation/ phobias/ germs or contamination
- Understand your child's emotional/mood related difficulties and/or challenging behaviour
- Learn ways to build confidence and resilience in you children
- Reduce family stress during the pandemic and focus on improving family relationships



For further information and bookings, please contact:

info@hedroc.co.uk

For all services relating to managing employee mental wellbeing, visit:

www.hedroc.co.uk

