

Emotional Wellbeing

Tuesday 13th January 2026 9.30 am—11.30 am

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children.

Understanding Behaviour Development in Children & Young People

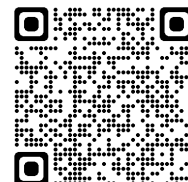
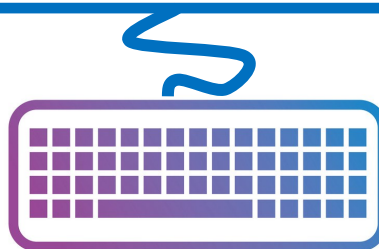
Tuesday 3rd February 2026, 9.30 am—11.30 am

This session will look at behavioural norms in the developing child and how adult behaviour influences this. We will look at the challenges parents and carers may face and how they can support their children and young people to develop resilience and manage risk as they grow to adulthood and independence.

Understanding Why Children Might Be Anxious About School

Tuesday 17th February 2026, 9.30 am—11.30 am

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.





Parent Carer (of children and young people aged 0-25yrs)

TRAINING & information Sessions



Anxiety (Two age groups)

Over 11 years

Tuesday 3rd March 2026, 9.30am—11.30am

Tuesday 31st March 2026, 9.30am—11.30am

5-11 years

Tuesday 24th March 2026, 9.30 am—11.30 am

Tuesday 28th April 2026, 9.30 am—11.30 am

This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

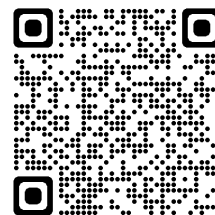
Please book a place using the link or QR code directly below:

[CAMHS Training Booking Form - Parents Carers](#)



To visit our Trust website, for further information, please scan the QR code at the bottom of this page. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and run on Microsoft Teams. If you have any additional needs, please email teww.countydurhamcamhstraining@nhs.net

NHS
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