

## Parent Information sessions:

### **Introduction to CYP Mental Health:**

Monday 1<sup>st</sup> April 09:30 – 11:00 at Moor End Academy

Thursday 13<sup>th</sup> June 09:30—11:00 at Northorpe Hall, Mirfield

### **Understanding Behaviour as Communication:**

Monday 8<sup>th</sup> April 10:00 – 11:30 at Pack Horse Centre, Huddersfield

Thursday 16<sup>th</sup> June 09:30-11:00 at Northorpe Hall, Mirfield

### **Understanding and Supporting Anxiety:**

Monday 29<sup>th</sup> April 09:30 – 11:00 at Moor End Academy

Thursday 6<sup>th</sup> June 09:30-11:00 at Northorpe Hall, Mirfield

### **Positive Communication and Attachment:**

Wednesday 13<sup>th</sup> March 12:30-14:00 at Northorpe Hall, Mirfield

Monday 13<sup>th</sup> May 10:00 – 11:30 at Pack Horse Centre, Huddersfield

Thursday 23<sup>rd</sup> May 09:30-11:00 at Northorpe Hall, Mirfield

### **Introduction to Self-Harm:**

Wednesday 20<sup>th</sup> March 12.30-14:00 at Northorpe Hall, Mirfield

Thursday 2<sup>nd</sup> May 09:30 – 11:00 at Northorpe Hall, Mirfield

Monday 20<sup>th</sup> May 09:30 – 11:00 at Moor End Academy

### **Maintaining Positive Emotional Well-being:**

Tuesday 26<sup>th</sup> March 12.30-14:00 at Northorpe Hall, Mirfield

Thursday 11<sup>th</sup> April 09:30-11:00 at Northorpe Hall, Mirfield

Monday 3<sup>rd</sup> June 09:30 – 11:00 at Moor End Academy

### **The Teenage Brain:**

Thursday 16<sup>th</sup> May 09:30 – 11:00 at Northorpe Hall, Mirfield

Monday 10<sup>th</sup> June 09:30 – 11:00 at Moor End Academy