

Parent and Carer Workshops



What are Parent and Carer Workshops?

Our workshops are designed to help parents, carers and key adults understand how they can support emotional development and resilience through everyday life activities within the relationships that they have with their children. The workshops explore how the relationships that adults have with children provide natural opportunities for emotional growth and resilience. Our approach takes advantage of the natural learning opportunities that arise within daily life events and challenges.

Discussions and activities are facilitated by trained parents, of whom at least one will be an experienced mental health professional. Reflection and learning from the sessions can promote personal self-development as well as enabling opportunities to think about the needs of our children and the opportunities that exist for connecting with and supporting them.

Depending on need and demand, groups can be tailor made to focus on specific concerns e.g. technology and social media, anxiety, special needs, teenagers, pre-schoolers, sibling rivalry, bedtimes etc.

What are the benefits for our children?

Our parent and carer workshops will help support emotional development and resilience naturally in our children. Benefits for children include:

- Feeling good about themselves;
- Effectively managing their feelings;
- Dealing with life's challenges;
- Forming positive relationships;
- Making good decisions;
- Taking responsibility for themselves and their behaviour;
- Feeling motivated;
- Developing autonomy and independence.

Why is this important?

When emotional growth occurs in a healthy and natural way it:

- Protects us from the adverse effects of life challenges and trauma;
- Supports the development of resilience;
- Creates well-being and mental health;
- Promotes positive relationships.

Who is it for?

Our parent and carer workshops are beneficial for any parent, carer or key adult who would like to:

- Increase their understanding of how they can support the emotional development and resilience of the children or young people in their care;
- Find practical and natural ways to effectively support their children with life challenges or crises;
- Build better relationships with their children.



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