



Summer Well-being Events

Parent/Carer Coffee Morning

26th July 8:30-9:30am

An opportunity to introduce MHST services to parents/carers who are not familiar with the service and an open space where parents can share experiences of child emotional and behaviour difficulties and impact on school life. The themes from the session will be used to inform future workshops and services provided by MHST including the below.

Join us at Children & Young People's Centre 15 Homerton Row, London E9 6ET (held in our lovely garden, weather permitting!)

[Sign up](#)

Supporting your child's transition into secondary school

An opportunity for parents of soon to be year 7s to discuss common worries you/your child may have relating to starting secondary school

-Guidance and practical tips to help ease worries about the transition

Monday 5th July 4-5pm [Sign up](#)

Wednesday 1st Sept 4-5pm [Sign up](#)

Events for parents/carers

To sign up use Eventbrite (links provided), call us on 0203 222 5600, email elft.mhst.referrals@nhs.net or visit <https://cityandhackneycamhs.org.uk/>

Online events will take place via Zoom.

Supporting Teens through Uncertain times – Parent/Carer workshop

This online workshop will provide information about anxiety and provide practical tips for parents to ease both their own and their teen's anxiety during these uncertain times.

Monday 19th July from 4-5pm

[Sign up](#)

Summer Well-being Events



Online Art Therapy workshops

All young people are welcome to join us for art making, giving time and space to relax. No art skills needed.

2nd August 12-1pm

9th August 12-1pm

16th August 12-1pm

[Click here for more details and joining instructions.](#)

[Sign up](#)

Mental Health Support Team @ Young Hackney

*Over the summer, our Educational Mental Health Practitioners will be joining forces with Young Hackney through workshop and drop-in offers in their hubs. Watch this [space](#) or contact us on **0203 222 5600** or email elft.mhst.referrals@nhs.net for more information.*

A series of workshops for young people based on a range of topics.

To sign up use Eventbrite (links provided), call us on 0203 222 5600, email

elft.mhst.referrals@nhs.net or visit <https://cityandhackneycamhs.org.uk/>

Understanding and managing emotions online workshop

For young people who struggle with strong emotions and would like to have more understanding of emotions and how to manage them.

See [poster](#) and [Eventbrite](#) for more details

4-5pm on 21st June, 19th July or 23rd August.

[Sign up](#)

Mind, body and understanding your cycle workshop

This workshop is for those who menstruate and would like to take the time to get to know their individual cycles and experiences in their bodies and minds.

Join us at Child & Young People Centre, 15 Homerton Row, E9 6ED on **Wednesday 11th August 2-3:30pm.**

See [poster](#) for more information and [Sign up](#)

Uplifting yourself when feeling down

These online workshops are offered over 1 or 2 sessions and will provide young people with an understanding about what can cause low mood and some tips and ideas to help manage and reduce the impact of low mood on your life.

One session workshop Thursday 1st July 4-5pm

[Sign up](#)

2-part workshop Thursday 19th & Thursday 26th

August 4-5pm [Sign up](#)

Self-care- 'take a moment' workshop

This popular online workshop for young people provides some ideas and tips for how to show care to ourselves and to look after our emotional well-being.

Thursday 8th July from 4-5pm [Sign up](#)

Teen Social Media Take over

Are you interested in how social media can be used to promote well-being and mental health in our community? We want your help with our social media content over summer! Join us in our lovely garden (weather permitting) at Child & Young People Centre, 15 Homerton Row, E9 6ED

Thursday 1st July 4-5pm [Sign up](#) and see [poster](#) and [video](#) for more info.