



We offer a wide selection of parent carer workshops to local families (with children aged 8+), which are detailed below. We schedule several workshops each month, which we advertise with the help of the local schools and via social media. Should you require any further information, please contact Visyon's Families and Communities Team.

FamiliesandCommunitiesTeam@Visyon.org.uk

These workshops are FREE OF CHARGE and open to all families in Cheshire East.



FAMILY OPEN ACCESS APPOINTMENTS

This 45-minute appointment can be either face to face, online or by telephone, with a Family Wellbeing Worker and is an opportunity for a parent(s) to talk, offload, get initial tips, guidance, coping strategies and to discuss pathways of support. **For an appointment contact the Initial Contact Team on 01260 290 000.**



PARENT CARER WORKSHOP PROGRAMME

Helping support a child manage their worries and anxiety (7 x 90-minute weekly workshops)

This programme is evidence based and explores various parenting techniques which can be applied to support an anxious child. The learning is cumulative each week so requires commitment to all seven sessions. This programme is extremely popular so may have a waiting list.



PARENT CARER WORKSHOP PROGRAMME

Sleep (1 x 90-minute Workshop & 1 tailored family session)

This programme is evidence based and will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep. **Available for families of children in reception and above.**



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with loss and bereavement

This workshop helps you to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.



PARENT CARER WORKSHOP (90-minute Workshop)
Understanding self-harm

This workshop looks at the relationship between self-harm and suicide. We look at ways to support a person who is self-harming and break down some of the stigmas associated with self-harm and suicide. This workshop explains where to get further support for a person who is expressing thoughts of suicide.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with anxiety

This workshop aims to help you to understand the various ways which anxiety presents itself in children and offers ideas on how to support your child to manage their anxiety.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with the world of social media

This workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their self-esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over that FOMO (Fear of Missing Out).



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with bullying

This workshop looks at what bullying is and how it impacts a young person. We look at the responsibilities of school regarding bullying and how parents, families and schools can support children with bullying.



PARENT CARER WORKSHOP (90-minute Workshop)
Connecting with and supporting a teenager

This workshop explores ways to communicate with your teenager and how to build the all-important connection, to maintain a positive and supportive relationship with your teenager. We will look at managing a challenging, argumentative and explosive teenager and explore strategies for managing a challenging family environment.



PARENT CARER WORKSHOP (90-minute Workshop)
Understanding and supporting a child with their emotions

This workshop looks at what drives behaviour in young people. It aims to help parents to understand some of the challenges that young people face when managing their emotions and offers practical ideas on how to support a young person with their emotions.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with parental separation

This workshop explores the impact of parental separation upon the whole family and practical ways to work together to support your children whilst navigating a separation or divorce. We offer ideas of how to support your child and look after yourself too.



PARENT CARER WORKSHOP (90-minute Workshop) **Supporting a child with their development**

This workshop explores what happens to a child during their development and how this may impact attachment styles. We look at what is happening to a child's brain and offer ideas of how to support your child as they develop.