

**Visyon Parent/Carer Webinars – Sept-Dec 2021**

Our Parent Webinars are intended to offer information and ideas to help you in supporting your child with understanding and managing their emotions and wellbeing. These are open to parents/carers or other interested family members living in Cheshire East.

The webinars are delivered as a presentation on Zoom. As a participant you are not connected via video or audio but may interact or ask questions using the typed chat function. The webinars are delivered by Laura Kerr (Wellbeing Team Leader) and Paula Duncan (Young Person’s Counsellor)

The webinars are run on a rolling programme so some sessions coming up are repeats and others are new topics. We have received positive feedback from parents including:

*"I have signed up to all your webinars as I think they’re great and have made me realise more of my child’s behaviour is likely anxiety related than I originally thought"*

*“The webinars have been really helpful to find out more about how the body and mind works and then working on strategies to help us cope."*

The forthcoming webinars are:

**Wednesday 15th September 2021 9.30-10.30am – Understanding the Teenage Brain**

[**https://us02web.zoom.us/webinar/register/WN\_9ZQgD9BLQJuwUkym9Dt04A**](https://us02web.zoom.us/webinar/register/WN_9ZQgD9BLQJuwUkym9Dt04A)

**Wednesday 29th September 2021 9.30-10.30am - Building Resilience and Self Esteem**

[**https://us02web.zoom.us/webinar/register/WN\_XjPRZF1\_THucFaP6Sg4fZg**](https://us02web.zoom.us/webinar/register/WN_XjPRZF1_THucFaP6Sg4fZg)

**Wednesday 20th October 2021 9.30-10.30am - Managing Big Emotions**

[**https://us02web.zoom.us/webinar/register/WN\_oG0CwpPYT3yOSsxBTm6F9w**](https://us02web.zoom.us/webinar/register/WN_oG0CwpPYT3yOSsxBTm6F9w)

**Thursday 11th November 9.30-10.30am – The Science of Sleep (and how to improve it!)**

[**https://us02web.zoom.us/webinar/register/WN\_N0h9tVjoSvmBy9UIcv1MoA**](https://us02web.zoom.us/webinar/register/WN_N0h9tVjoSvmBy9UIcv1MoA)

**Thursday 25th November 2021 9.30-10.30am – Sensory Processing \* New Topic\***

[**https://us02web.zoom.us/webinar/register/WN\_\_nmm-gOGQQ-04N\_ZZK0Vaw**](https://us02web.zoom.us/webinar/register/WN__nmm-gOGQQ-04N_ZZK0Vaw)

**Thursday 9th December 9.30-10.30am - Family Relationships \*New Topic\***

[**https://us02web.zoom.us/webinar/register/WN\_3tS8cEN8TuGpJd41IrW29Q**](https://us02web.zoom.us/webinar/register/WN_3tS8cEN8TuGpJd41IrW29Q)

Please click on the relevant link to register in advance for the webinar(s) you wish to attend.

After registering, you will receive a confirmation email containing information about joining the webinar.

We will have a recording available to send out after the event and will send this to all registrants. If you wish to only receive the recording please indicate this on the registration so we don’t count you towards the numbers as the webinars have a limited capacity.