



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Parent Transition Workshop



Is your child moving up to secondary school?

The Darlington Mental Health Support Team (MHST) invites you to attend a parent only session to help you support your child with the transition to secondary school.

Why?

The transition from primary to secondary is a time of change for both children and parents/carers, it can be an exciting time however some children may struggle with the big changes they are faced with. Children can worry about getting lost, bullying, workload, friendships and more.

Aims

- To gain an understanding on how change can impact on thoughts, feelings, and behaviours.
- To explore ways to support your child from how you respond to problem solving.
- Discuss how to get further support.

Monday 5th August 2024 1-2.30pm

or

Monday 19th August 10-11.30am

Both via Microsoft Teams

To book a place, please send your preferred date to tewv.mhstdarlington@nhs.net and a link will be sent to you.