



Visyon Parent/Carer Webinars

Our parent/carers 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.

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 (Family and Schools Wellbeing Worker) and Paula Duncan (Young Person's Counsellor)

100% of parents who have attended the webinars to date have said they found them useful and would recommend to a friend. Comments we received included:

"I found it so reassuring and packed with fantastic practical tips"

"I have read books and used techniques recommended but so nice to hear someone give practical and sensible advice on something that rarely seems manageable!"

"Thank you for a very useful and informative presentation – an hour well spent!"

The forthcoming webinars are:

Thursday 10th December 11-12noon Supporting your Child's Wellbeing

https://us02web.zoom.us/webinar/register/WN_s0EFHva3ROm0DfXK7wVARA

Thursday 17th December 11-12noon Understanding the Teenage Brain

https://us02web.zoom.us/webinar/register/WN_i9kHvpLIQ1aXMnyjmNsOEg

Please click on the relevant link to register in advance for the webinar you wish to attend. You need to register separately for each webinar you wish to attend.

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

In the Spring term we will be running webinars on topics including – Building Resilience and Self Esteem, Coping with Anxiety and Communication and Parent-Child relationships. Details of how to register for these will be sent out before Christmas.

If you are interested in finding out about other ways in which Visyon might be able to support you and your family, please visit www.visyon.org.uk, follow us on Facebook (VisyonLtd) or telephone us on 01260 290000.