

Shawmind Online Training

Mental Health Training for Parents

Are you concerned about your child's emotional and mental health?

Do you know how to approach the subject of mental health issues and your concerns?

Would you just like to be better equipped to enhance your child's mental wellbeing?

In the weeks leading up to the UK lockdown, the team at Shaw Mind had already started pulling together specialist trainers to help them deliver a series of training courses to help support every phase of a person's life, from childhood and adolescence to adulthood and old age.

Delivering support to children, young people and their parents with this in-depth online training, called Monkey Wisdom, is Tana Macpherson-Smith, founder of Clearminds Education.

Monkey Wisdom provides a means of exploring and explaining the background to mental health

issues in children and adolescents so that children as young as five can grasp the concepts, take on board the tools provided to change their thinking and as a result, enhance their emotional resilience.

This training provides visual and physical tools to help all age groups to achieve emotional balance and overcome issues such as anxiety, anger, fear, low-mood and self-harm. Introducing the 'inner-monkey' has proved a really accessible and powerful tool for children, teens and adults alike.





1 Hour Introductory Mental Health and Wellbeing Workshop **for Parents of Teenagers**

Monkey Wisdom: the easy guide to understanding ...

- Why so many teenagers struggle with emotional and mental health issues
- The signs, symptoms and common causes
- The impact of Covid19 on teenagers: what have they got to lose?
- How best to support your teens to move forward with confidence



1 Hour Introductory Mental Health and Wellbeing Workshop **for Parents of Younger Children**



Monkey Wisdom: the easy guide to understanding ...

- Why so many children are developing emotional and mental health issues
- The signs, symptoms and common causes
- The role of parents in enhancing emotional resilience and wellbeing
- The impact of on-line education during Covid19 lockdown
- How best to support your child through these difficult times

The Shaw Mind team are available to offer support and guidance to individuals and schools on a range of mental health support provisions. Visit www.shawmind.org for more information about the courses, or follow the charity on Facebook, Twitter, Instagram or LinkedIn.



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