

FREE WEBINARS FOR PARENTS & CARERS

SURVIVING & THRIVING OVER THE SUMMER HOLIDAYS



WHEN?

10:00-11:30 7th July 2026

18:00-19:30 16th July 2026

13:30-15:00 28th July 2026

REGISTER AT:

canva.link/mhstsummer2026

Type this into your browser or

SCAN ME!



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

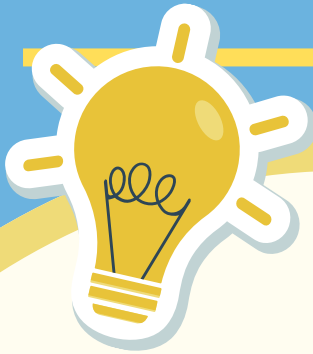
- ✓ Creating flexible routines and boundaries that actually work during the holidays
- ✓ Why sleep still matters (even without school) and how to keep it on track
- ✓ Simple ways to stay organised, reduce stress, and enjoy more quality time together
- ✓ Fun activities, local support, and what's happening for families across Somerset



FREE WEBINARS FOR
PARENTS & CARERS

BOOSTING SELF-ESTEEM & RESILIENCE

HELPING YOUR CHILD TO
THRIVE



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength
- ✓ Simple ways to encourage your child's strengths, talents and interests
- ✓ Helping children overcome negative self-talk and build a positive mindset
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience



WHEN?

13:00-14:30 30th July 2026

9:30-11:00 5th August 2026

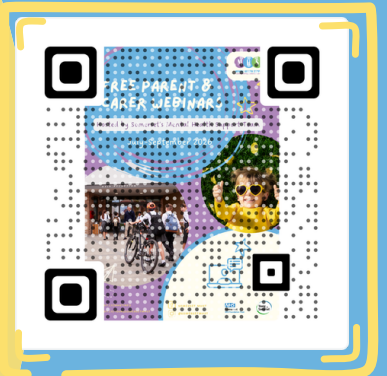
18:00-19:30 13th August 2026

REGISTER AT:

canva.link/mhstsummer2026

Type this into your
browser or

SCAN ME!



FREE WEBINARS FOR
PARENTS & CARERS

BACK TO SCHOOL:

SUPPORTING YOUR NEURODIVERGENT CHILD



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ Why it is more challenging for neurodivergent young people to return to school
- ✓ How misunderstanding of needs can impact mental wellbeing now and in the future
- ✓ A range of tools to help your child's return to school
- ✓ Where and how to get more support if needed



WHEN?

9:30-11:00 18th August 2026

18:00-19:30 20th August 2026

14:30-16:00 1st September 2026

REGISTER AT:

canva.link/mhstsummer2026

Type this into your
browser or

SCAN ME!

