

All families need to do to access any of these workshops, is to complete the attached registration form and return it to fwteam@chums.uk.com along with the date they wish to attend on.

CHUMS WORKSHOPS

Parent Sleep Workshop (Children aged 12 and under) - The workshop will cover why sleep is important, what is 'good' sleep, and to help you to understand possible causes of settling to sleep & night waking issues and as well as learning strategies to overcome sleep difficulties.

- Thursday 5th August at 5pm – 7pm

Teenage Sleep Workshop (Children aged 13+) - The workshop will cover why sleep is important, what is 'good' sleep, and to help you to understand possible causes of settling to sleep & night waking issues and as well as learning strategies to overcome sleep difficulties.

- Monday 2nd August at 10am – 12pm

0-5 Resiliency Workshop - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how as parents/ carers you are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

- Wednesday 11th August at 9:30am – 11:30am

Primary Resiliency Workshop (Parent workshop for children aged 6-12)

– Explores the difference between mental health and mental illness, emotional regulation. Psychoeducation around anxiety and low mood, in addition to covering basic relaxation techniques

- Thursday 9th September at 9:30am – 11:30am

Secondary Resiliency Workshop (For Teens aged 13+) - Explores the difference between mental health and mental illness, emotional regulation. Psychoeducation around anxiety and low mood, in addition to covering basic relaxation techniques

- Thursday 9th September at 1pm – 3pm

School Transition Workshops - This workshop provides anxiety / low mood strategies based on guided self-help to help children with transition to new schools.

- **Lower to Middle School**
 - Monday 12th July at 5pm – 7pm
 - Tuesday 10th August at 9.30am – 11.30am
- **Middle to Upper School**
 - Wednesday 21st July at 9.30am – 11.30am
 - Monday 23rd August at 5pm – 7pm
- **Primary to Secondary School**
 - Wednesday 18th August at 5pm – 7pm
 - Tuesday 31st August at 9.30am – 11.30am

CHUMS Psychoeducation Workshop Registration Form

Child's First Name	
Child's Surname	
Child's DOB (DD/MM/YYYY)	
Gender	
Parent/ Carer Name and Relationship	
Email Address	
Telephone NO.	
Home Address	
GP Surgery	
Ethnic Origin	
Nationality	
Main Language (Also, if not English do you require a translator?)	

Current School	
New School in September 2021	
Does your child have an Educational Health & Care Plan?	YES / NO
Is your child known to Early Help / Social Services?	YES / NO
If known to Social Services, is your child considered a "Looked After Child"?	YES / NO
Are you currently in the process of completing an Early Help Assessment?	YES / NO
Does your child have any diagnosed learning disabilities (e.g. dyslexia)?	YES / NO
Does your child have a formal diagnosis of ADHD?	YES / NO
Does your child have a formal diagnosis of ASD?	YES / NO
Workshop you wish to attend	

(Please state parent sleep workshop, 0-5 resiliency etc.)	
Date you wish to attend workshop on	