

Parent Workshops

Medway Child Health Team have developed a series of workshops for parents and carers in Medway. The informal sessions will be delivered by our friendly Child Health Team members and will aim to educate and support parents and carers on a number of important topics.

Our courses are free for all parents and carers in Medway, as they are fully funded by Medway Public Health. They will be held at a variety of locations across Medway, and some will be online.

Booking instructions are provided with each course overview.

Basic Self Harm Awareness

This course is for those that would like to learn about self-harm and how to support children and young people that may be engaging in self-harming behaviours.

By the end of this session, you will have an understanding of:

- Definition & characteristics of self-harm
- Types of self-harm
- Risk factors & circumstances
- Behavioural & physical warning signs to look out for
- Self-harm cycle
- Harm minimisation
- Ways as parent / carers you can help & support their children
- Who else can support – local & national services

Dates of this Course:

Face to Face

- Monday 6th November 2023 (AM and PM)
- Tuesday 5th December 2023 (AM and PM)
- Wednesday 10th January 2024 (AM and PM)
- Thursday 8th February 2024 (AM and PM)
- Saturday :20th January 2024 (AM only)

Online

- Thursday 2nd November 2023 5-7pm
- Monday 5th February 2024 5-7pm

You can [BOOK HERE](#) and check times and venues for each session.

Mental Health – Supporting Your Child

This course is for those that would like to learn about children's mental health and ways in which they can support their children's mental health and emotional wellbeing.

By the end of this session, you will have an understanding of:

- How to support positive emotional health and wellbeing
- Adolescent brain development
- Behaviour challenged and emotional wellbeing
- How to identify warning signs of poor mental health
- Coping and support strategies
- Where to seek further information and support

Dates of this Course:

Face to Face

- Tuesday 21st November 2023 (AM and PM)
- Tuesday 19th December 2023 (AM and PM)
- Tuesday 20th February 2024 (AM and PM)
- Saturday 2nd March 2023 (AM Only)

Online

- Tuesday 17th October 2023 5-7pm

You can [BOOK HERE](#) and check times and venues for each session.

Mental Health – Managing Your Own

This course is for those that would like to learn about mental health within the context of their own and their family's emotional health and wellbeing.

By the end of this session, you will have an understanding of:

- How to maintain positive emotional health and wellbeing
- The mental health continuum
- Coping and support strategies
- Where to seek further information and support

Dates of this Course:

Face to Face

- Monday 27th November 2023 (AM Only)
- Wednesday 10th January 2024 (AM and PM)

Online

- Tuesday 23rd Jan 2024 5-7pm

- You can [BOOK HERE](#) and check times and venues for each session.

Puberty and Growing Up

This course is for those that would like to learn about puberty and adolescence and the changes that happen during this time. As well as how to support children through this time.

By the end of this session, you will have an understanding of:

- The physical changes which take place during puberty
- The emotional changes which take place during puberty
- Adolescent brain development
- How those changes may affect our children's relationships and how to manage them

Dates of this Course:

Face to Face

- Friday 24th October 2023 (AM only)
- Wednesday 13th December 2023 (AM and PM)
- Thursday 18th January 2024 (AM and PM)
- Tuesday 6th February 2024 (AM only)
- Saturday 2nd December 2023 (AM only)

Online

- Wednesday 7th February 2024

You can [BOOK HERE](#) and check times and venues for each session.

Sexual Health

This course is for those that would like to learn about sexual health, including contraception, pregnancy options, sexually transmitted infections, and information about local services for young people and adults.

By the end of this session, you will have an understanding of:

- The different types of contraception and how they work
- The nature and risk of sexually transmitted infections (STIs)
- The choices available following an unplanned pregnancy
- How to access local sexual health services

Dates of this Course:

Face to Face

- Tuesday 6th February 2024 (PM only)
- Tuesday 12th March 2024 (AM and PM)

Online

- Tuesday 5th March 2024 5-7pm

You can [BOOK HERE](#) and check times and venues for each session.