



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Workshops

These workshops are aimed at supporting young people and parents/carers of young people in secondary school.

Understanding Sleep & Autism

Wednesday 8th May 5.30-7.30pm

Understanding the Amazing Teenage Brain

Wednesday 5th June 5.30-7.30pm

Understanding ADHD

Wednesday 19th June 5.30-7.30pm

Our online workshops offer information around key topics to help young people and their parents/carers to understand what is going on for them and strategies which may help to support them, based on the latest evidence and practice.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to young people and parents/carers of children attending an EWT/EST school. Please speak to your school or check our website for our list of schools.

We look forward to meeting you.

