

Dear Parents/Carers,

RE: BICS WORKSHOPS

BICS are **inviting you to join our virtual mental health workshops**. These workshops aim to increase your knowledge of common mental health difficulties faced by children and young people. They also aim to provide you with strategies to assist you in supporting your young person.

These workshops are aimed towards the parents/carers of children and young people.

We have two topics coming up for May and June 2024:

Emotional Based School Avoidance (EBSA): This workshop aims to help you: identify what EBSA is and the risk and resilience factors for it, consider how to talk to children/young people about EBSA, consider what you can do as parents/carers to support, and consider what schools can do to support. There will also be opportunities for reflection and discussion.

Anxiety: This workshop aims to increase your knowledge on anxiety and provide you with some skills and strategies to assist your young person in coping with their anxiety.

HOW TO REGISTER

Please register for each session using the 'Eventbrite' links below.

The workshops are being held virtually to accommodate for childcare and work commitments. Spaces are limited, and places will be offered on a first come first serve basis.

We look forward to seeing you at our workshops.

BICS FAMILY MINDS: UNDERSTANDING EMOTIONAL BASED SCHOOL AVOIDANCE

BICS are inviting you to join a **free** workshop which aim to increase your knowledge on **EBSA** and provide you with some skills and strategies to assist your young person in coping.

	FAMILY MINDS: UNDERSTANDING EMOTIONAL BASED SCHOOL AVOIDANCE
	Date: 21/05/2024 Time: 12:00 – 14:00
SIGN UP LINK	https://www.eventbrite.co.uk/e/bics-family-minds-understanding-emotional-based-school-avoidance-ebbsa-tickets-902267405097?aff=oddttdcreator

BICS FAMILY MINDS: UNDERSTANDING AND MANAGING ANXIETY WORKSHOP

BICS are inviting you to join a **free two-part series** of virtual mental health workshops which aim to increase your knowledge on **anxiety** and provide you with some skills and strategies to assist your young person in coping with their anxiety.

Please sign up to **either** the morning timeslot **or** the afternoon timeslot.

	FAMILY MINDS: UNDERSTANDING AND MANAGING ANXIETY Morning Timeslot	FAMILY MINDS: UNDERSTANDING AND MANAGING ANXIETY Afternoon Timeslot
PART ONE	Date: 11/06/2024 Time: 9:30 – 11:00	Date: 11/06/2024 Time: 12:00 – 13:30
PART TWO	Date: 18/06/2024 Time: 9:30 – 11:00	Date: 18/06/2024 Time: 12:00 – 13:30
SIGN UP LINK	https://www.eventbrite.co.uk/e/bics-family-minds-understanding-and-managing-anxiety-workshop-tickets-902234245917?aff=oddttdcreator	https://www.eventbrite.co.uk/e/bics-family-minds-understanding-and-managing-anxiety-workshop-tickets-902249501547?aff=oddttdcreator