



BICS are **inviting you to join their upcoming virtual workshops**. These workshops aim to increase your knowledge of common wellbeing and 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.

We have six topics coming up between December - April 2026. Please register for each session using the 'Eventbrite' links.

The workshops are being held virtually during lunchtimes to accommodate for childcare and work commitments. If you need a letter to your employer, please ask. Spaces are limited, and places will be offered on a first come first serve basis. We look forward to seeing you at our workshops.

Understanding and Managing Friendships - Wed, 17 Dec 2025 12:00 – 13:30

BICS are inviting you to join a virtual mental health workshop which aim to increase your knowledge on managing friendships and the difficulties that may affect your child or young person.

The workshop will increase your understanding of your child or young person's friendships and the difficulties that may arise. The workshop will help you to understand how anxiety plays a role in friendships difficulties and socialising, how this is affected by neurodivergence and how to empower your child or young person to develop boundaries around friendships and manage bullying.

The workshop also focuses on how to communicate about these issues and when you may need to help to problem solve how to manage any difficulties, helping to enhance your own relationship with your child or young person.

[BICS Family Minds: Understanding and Managing Friendships Tickets, Multiple Dates | Eventbrite](#)

Understanding Emotional Based School Avoidance (EBSA) - Wed, 14 Jan 2026 12:00 – 13:30

BICS are inviting you to join a workshop which aims to increase your knowledge on Emotional Based School Avoidance (EBSA) and provide you with some skills and strategies to assist your young person in coping.

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

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.

The workshop is being held virtually to accommodate for childcare and work commitments.

[BICS Family Minds: Understanding Emotional Based School Avoidance Tickets, Wed 14 Jan 2026 at 12:00 | Eventbrite](#)

Supporting your Child to Manage Difficult Emotions Workshop - Wed, 28 Jan 2026 12:00 – 13:30

BICS are inviting you to join a virtual mental health workshop which aim to increase your knowledge on supporting your child managing difficult emotions and provide you with some skills and strategies to assist your young person in coping with their difficult emotions.

This workshop is aimed towards the parents/carers of children and young people.

In this workshop we will cover what our stress response is and how it effects children and young people's ability to manage their emotions. You will learn skills to help support your child in managing difficult emotions as well as how you can model self-care and emotion regulation.

The workshop is being held virtually to accommodate for childcare and work commitments.

[BICS Family Minds: Supporting your Child to Manage Difficult Emotions Tickets, Wed 28 Jan 2026 at 12:00 | Eventbrite](#)

Managing Sleep - Wed, 11 Feb 2026 12:00 – 13:30

BICS are inviting you to join a virtual mental health workshop which aims to help you better understand and support your child or young person's sleep.

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

The workshop will increase your understanding of your child or young person's sleep habits and provide practical strategies for managing anxiety and nightmares. We will also cover sleep science, bedtime routines and tips, as well as sleep training strategies. There will be opportunities for reflection and discussion.

The workshop is being held virtually to accommodate for childcare and work commitments.

[BICS Family Minds: Managing Sleep Tickets, Wed 11 Feb 2026 at 12:00 | Eventbrite](#)

Understanding and Managing Anxiety Workshop (Two Part Event) - Wed, 11 Mar 2026 12:00 – 13:30 and Wed, 18 Mar 2026 12:00 – 13:30

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.

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

This is a **two-part workshop** that 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.

- Part 1 will focus on: what anxiety is, how anxiety can develop, and what maintains anxiety.
- Part 2 will build upon this, specifically looking at: understanding anxious thoughts and behaviours, strategies to challenge anxious thoughts and behaviours, signposting, and helpful other resources.

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. Please ensure you sign up for both parts of the workshop on Eventbrite.

[BICS Family Minds: Understanding and Managing Anxiety \(Two Part Event\) Tickets, Multiple Dates | Eventbrite](#)

Understanding Low Mood and Self-Esteem Workshop (Two Part Event) - Wed, 15 Apr 2026 12:00 – 13:30 and Wed, 22 Apr 2026 12:00 – 13:30

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

This workshop is aimed towards the parents/carers of children and young people.

This is a **two-part workshop** that will develop your understanding of low mood and low self-esteem. It will teach you skills to help you to support and talk to your child or young person who may be experiencing low mood and/or low self-esteem. It will also introduce you to the CBT-approach to treating low mood, which includes behavioural activation, identifying values and building mastery and includes children and young people's views on their experience with low mood and self-esteem. As some children and young people with low mood engage in unhelpful / risky coping behaviours such as self-harm, the workshop will address how to respond and encourage the use of safer coping methods.

The workshops are being held virtually to accommodate for childcare and work commitments. Please ensure you sign up for both parts of the workshop on Eventbrite.

[BICS Family Minds: Understanding Low Mood and Self-Esteem \(Two Part Event\) Tickets, Multiple Dates | Eventbrite](#)