

Dear Parents/Carers,

RE: BICS FAMILY MINDS WORKSHOPS

Please note that these workshops are primarily aimed towards the parents/carers of children and young people.

BICS are **inviting you to join our 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 **eight** topics coming up between June 2026 – December 2026

Understanding and Managing Friendships

BICS invite you to join a virtual workshop designed to support parents and carers in understanding how friendships develop and the challenges that may affect your child or young person.

The workshop aims to build confidence in understanding your child or young person's friendships and supporting them through any difficulties that may arise. We will explore how anxiety can impact socialising and friendships difficulties, how neurodivergence may shape these experiences, and ways to empower your child or young person to develop boundaries, navigate conflict, and manage bullying.

The workshop also focuses on how to communicate effectively with your child or young person about friendship issues and when it may be helpful to step in to problem-solve together, with the aim of strengthening your relationship and supporting their overall wellbeing.

Introduction to Neurodiversity Workshop

BICS invite you to join a virtual workshop designed to provide a general overview of neurodiversity. The session aims to support parents and carers in building awareness and understanding of what neurodiversity means and how it may relate to your child or young person's experiences. We will explore key themes, discuss common challenges, and share practical ideas to help you navigate support.

The workshop will cover how to access support with or without a formal diagnosis, ways to advocate for your child in education settings, simple and effective strategies you can try at home, and the local services and resources available in Barnet.

PLEASE NOTE: This workshop provides general information and guidance only. BICS does not offer neurodiversity assessments, diagnosis, or specialist intervention. The focus of the session is to build awareness and confidence for families who are exploring these areas or awaiting further support.

Managing School Transitions

BICS invite you to join a virtual mental health workshop which aims to support parents and carers in helping their child navigate the transition from primary to secondary school.

In this workshop, we will share strategies for coping with change and ways to help your child build confidence and develop a positive sense of self. Together, we will consider the range of feelings children often experience as they transition to secondary school – including their hopes, worries, and expectations. You will also learn helpful techniques to use at home, along with strategies to help your child or young person feel more comfortable saying goodbye to the people and schools they are leaving behind as they prepare for this next step.

Understanding Emotionally Based School Non-Attendance (EBSNA)

BICS are inviting you to join a virtual workshop which aims to increase your knowledge and understanding of Emotionally Based School Non-Attendance (EBSNA), and to provide you with some skills and strategies to support your young person. This workshop is aimed at parents and carers of children and young people, but professionals or anyone working with children and young people are also welcome to attend.

This workshop will help you gain a clear understanding of what EBSNA is, explore the risk and resilience factors for this, and consider how to talk openly and supportively with your child or young person their experiences of EBSNA. We will also explore practical ways you can support your child or young person, alongside gaining insight into how schools can work collaboratively with families to provide effective support. There will be opportunities throughout the workshop for reflection and discussion.

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.

This workshop is aimed at parents and carers of children and young people, but professionals or anyone working with children and young people are also welcome to attend.

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.

There will be opportunities throughout the workshop for reflection and discussion.

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

Supporting your Child to Manage Difficult Emotions Workshop

BICS are inviting you to join a virtual mental health workshop which aims to increase your understanding of how to support your child or young person in managing difficult emotions. This workshop will provide you with some practical skills and strategies to help your young person feel more confident in managing difficult emotions.

This workshop is aimed at parents and carers of children and young people, but professionals or anyone working with children and young people are also welcome to attend.

In this workshop we will explore what our stress response is and how it effects children and young people's ability to manage their emotions. You will learn a range of skills and practical strategies to help support your child navigate difficult feelings, as well as how you can model self-care, emotional awareness, and healthy emotion regulation in everyday life.

There will be opportunities throughout the workshop for reflection and discussion in a supportive space.

Managing Sleep

BICS invite you to take part in a virtual mental health workshop designed to help you better understand and support your child or young person's sleep. This session is aimed at parents and carers of children and young people, but professionals or anyone working with children and young people are also welcome to attend.

Many of the children and young people we work with are increasingly reporting sleep difficulties, including worries, bad dreams, and nightmares that can affect their wellbeing, mood, and day-to-day functioning. This workshop will help you make sense of these experiences and understand how they may relate to anxiety and emotional wellbeing.

During the session, you will develop a deeper understanding of your child or young person's sleep patterns and learn practical strategies to promote healthier sleep. This will include approaches for managing anxiety, responding to bad dreams and nightmares, and creating consistent bedtime routines. We will also explore key elements of sleep science and discuss sleep-training techniques.

Throughout the workshop, there will be opportunities for reflection and discussion in a supportive environment, along with guidance on further resources and support.

Building Resilience

BICS invite you to join a virtual mental health workshop designed to support parents and carers in helping their child or young person build resilience. This session is aimed at parents and carers of children and young people, but professionals or anyone working with children and young people are also welcome to attend.

Resilience is often described as the ability to recover from challenges and setbacks, and it plays a vital role in supporting emotional wellbeing. In this workshop, we will explore what resilience means and why it matters, especially as children and young people navigate everyday pressures such as friendships, school expectations, and managing emotions.

The workshop will introduce key elements that contribute to resilience, including developing strong and supportive relationships, building self-confidence and self-awareness, and strengthening emotional understanding and regulation. You will also be guided to think about practical ways to nurture these skills at home, helping your child feel more confident, connected, and equipped to handle challenges.

Throughout the session, there will be opportunities for reflection and discussion in a supportive environment, along with guidance towards further resources and strategies to continue building resilience beyond the workshop.

HOW TO REGISTER

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

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.

Workshop	Date/Time	Sign-Up Link
BICS Family Minds: Understanding and Managing Friendships	Wed, 10 Jun 2026 12:00 – 13:30 GMT	BICS Family Minds: Understanding and Managing Friendships
BICS Family Minds: Introduction to Neurodiversity	Wed, 24 Jun 2026 12:00 – 13:30 GMT	BICS Family Minds: Introduction to Neurodiversity
BICS Family Minds: Managing School Transitions	Wed, 8 July 2026 12:00 – 13:30 GMT	BICS Family Minds: Managing School Transitions
BICS Family Minds: Understanding Emotionally Based School Non-Attendance (EBSNA)	Wed, 23 Sept 2026 12:00 – 13:30 GMT	BICS Family Minds: Understanding Emotionally Based School Non-Attendance (EBSNA)
BICS Family Minds: Understanding and Managing Anxiety Part 1 & 2	Wed, 14 Oct 2026 12:00 – 13:30 GMT Wed, 21 Oct 2026 12:00 – 13:30 GMT	BICS Family Minds: Understanding and Managing Anxiety Part 1 BICS Family Minds: Understanding and Managing Anxiety Part 2
BICS Family Minds: Supporting your Child to Manage Difficult Emotions	Wed, 11 Nov 2026 12:00 – 13:30 GMT	BICS Family Minds: Supporting your Child to Manage Difficult Emotions
BICS Family Minds: Managing Sleep	Wed, 25 Nov 2026 12:00 – 13:30 GMT	BICS Family Minds: Managing Sleep

BICS Family Minds: Building Resilience	Wed, 9 Dec 2026 12:00 – 13:30 GMT	BICS Family Minds: Building Resilience
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OTHER SERVICES

Websites operated by Barnet Family Service:

Cost of living support Barnet Council	Information and support for families around cost of living
https://www.barnetyouth.uk	Barnet Youth
http://www.barnet.gov.uk/0-19	Early help services
Young Peoples Foundation Young Barnet Foundation Edgware	Activities delivered by Young Barnet Foundation Members

Other Local Services and Websites

https://www.beh-mht.nhs.uk/services/crisis-resolution-and-home-treatment-team-barnet/268	BEHMHT Crisis Resolution Team
www.addiss.co.uk/index.html	ADDISS - Information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance
https://www.annafreud.org/on-my-mind/youth-wellbeing/	Anna Freud National Centre for Children and Families – Advice and Advocacy
https://barnetcarers.org/	Provides support and advice for carers
New Citizens' Gateway – New Citizens' Gateway (ncgateway.org.uk)	Advice for refugees and asylum seekers
www.childline.org.uk	Childline
MindOut Mental Health Charity for LGBTQ community	LGBTQ+ Mental Health Service

About Beat (beateatingdisorders.org.uk)	Support with Eating Disorders
The Mix - Essential support for under 25s	Support for under 25's
Digital mental health and wellbeing support for Londoners Good Thinking (good-thinking.uk)	Digital Mental Health and Wellbeing
www.youngminds.org	Information and Advice
https://giveusashout.org/	Mental Health Text Support Line
MultilingualWellbeing.org.uk	Provider of mental health services to Black, minority ethnic and refugee communities in Barnet
www.bigwhitewall.com	16+ Online supportive community
www.listeningears.org	Young women aged 13-19 years
www.kidscape.org.uk	Support and information regarding bullying
www.bullying.co.uk	Bullying UK – advice to parents and schools
www.dad.info	Website has articles, podcasts etc
www.psg.org.uk	Parent support group – helpline and advice
www.challengingbehaviour.org.uk	Challenging behaviour foundation
www.parentzone.org.uk	Parent Zone
http://familylives.org.uk	Previously Parent Line – online forums and parent courses

www.psg.org.uk	<u>Parent Support Group - helpline and advice</u>
www.mind.org.uk	Tel: 0845 766 0163