



Visyon Parent/Carer Webinars – Spring 2021

Our Parent Webinars are intended to offer information and ideas to help you in supporting your child with understanding and managing their emotions and wellbeing. These are open to parents/carers or other interested family members.

The webinars are delivered as a presentation on Zoom. As a participant you are not connected via video or audio but may interact or ask questions using the typed chat function. The webinars are delivered by Laura Kerr (Family and Schools Wellbeing Worker) and Paula Duncan (Young Person's Counsellor)

100% of parents who have attended the webinars to date have said they found them useful and would recommend to a friend. Comments we received included:

"I found it so reassuring and packed with fantastic practical tips"

"I have read books and used techniques recommended but so nice to hear someone give practical and sensible advice on something that rarely seems manageable!"

"Thank you for a very useful and informative presentation – an hour well spent!"

The forthcoming webinars are:

Thursday 14th January 10.30-11.30am Building Resilience and Self Esteem
https://us02web.zoom.us/webinar/register/WN_3O6Nsg4cTJ6iF0h3lhPgDQ

Thursday 28th January 10.30-11.30am Understanding and Managing Anxiety
https://us02web.zoom.us/webinar/register/WN_8HoRNa-BTuiCNv7JDluLw

Thursday 11th February 10.30-11.30am Positive Communication in the Family
https://us02web.zoom.us/webinar/register/WN_bZFYWdwvSqGzOe5WZH4OOQ

Thursday 25th February 10.30am-11.30am Understanding the Teenage Brain
https://us02web.zoom.us/webinar/register/WN_1kRmi3W7SnSZM6-IG_JJ_g

Thursday 11th March 10.30-11.30am Supporting your Child's Wellbeing
https://us02web.zoom.us/webinar/register/WN_tiJDi4QLRguNwihemIRsNg

Please click on the relevant link to register in advance for the webinar(s) you wish to attend. After registering, you will receive a confirmation email containing information about joining the webinar.

The webinars have a maximum capacity of 100 people so please let us know if you can no longer attend so we can re-allocate the places. We will have recordings available after the event.

If you are interested in finding out about other ways in which Visyon might be able to support you and your family, please visit www.visyon.org.uk.