



Summer Webinars 2025

Brent Mental Health Support Team (MHST)
is offering the following online parent webinars:



Promoting Positive Behaviour

A webinar packed with advice and support to help you promote desired behaviours and manage behaviours which you can find more challenging.

Tuesday 29th July
Time: 12-1pm



Child & Teen Anxiety

A webinar aimed to support young people in an understanding of anxiety and coping strategies to help to manage anxiety.

Tuesday 5th August
Time: 12-1pm



Parent Wellbeing

Sometimes parenting can be challenging and exhausting. Our therapists will support you to think about your wellbeing in this creative and educational webinar.

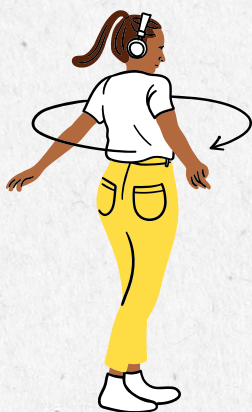
Tuesday 12th August
Time: 12-1pm



It's free to join using the link - we hope to see you there!



Summer Webinars 2025



Supporting Neurodivergent young people's wellbeing

Join this webinar to learn practical tools and tips to support the emotional wellbeing of neurodivergent children, including those who are Autistic and have attention differences (ADHD).

Tuesday 19th August
Time: 12-1pm



Supporting Transitions and Change

A webinar dedicated to helping parents help their child manage transitions, such as moving from primary to secondary school, which can be anxiety provoking!

Tuesday 26th August
Time: 12-1pm



If you have any queries, please email us at:
cnwl.adminbrentmhstcamhs@nhs.net