

CAMHS Casework focus sessions

Introduce mental health as essential to health and learning

Something to be nurtured and promoted

Explore the roots of strong mental health and resilience

“Watchful zone” Strategies to support

10 Sessions split between theory, strategies and case studies

Tue 18 September 9:30 -11:30

Understanding Mental Health in the Classroom- Vulnerability and Resilience.

Wed 10 October 1:30 - 3:30

School Refusal – Ideas to understand and manage separation anxiety

Thu 8 November 9:30 - 11:30

Anxious Children – Anxious Parents. What we know that helps

Mon 3 December 1:30 - 3:30 -

Anger and Aggression- How to understand and manage difficult situations

Tue 22 January 9:30 - 11:30

Children who harm themselves. How can they be helped?

Thu 14 February 1:30 - 3:30

Children who feel low. What can we do to help?

Tue 12 March 9:30 - 11:30

Oppositional defiance and mental health.

Mon 8 April 1:30 - 3:30

The Autistic Spectrum and School- ideas on how to maximise success.

Thu 23 May 9:30 - 11:30

Children with sensory integration difficulties and anxiety.

Tue 11 June 1:30 - 3:30

Promoting emotional wellbeing in education settings.

Audience: Teachers and support staff

Facilitator: Andrew Starr- Primary Mental Health Worker with CAMHS

Venue: Thomas Estley Community College (LE9 6PT)

Cost: £27 TELA /£40 non TELA per session if booked separately
£220* TELA/ £350* non TELA per School for 10 sessions

*A different person can attend each session

Booking is required as places are limited

E-mail tela@thomasestley.org.uk

Ring 01455 283263 and ask for Jo Robotham

www.telaonline.co.uk

Content for each sessions is overleaf

