

Mental Health Support Team  
Mind in West Essex  
Wellbeing Centre  
10-11 Corner House  
Bush Fair  
Harlow  
CM18 6NZ

16<sup>th</sup> September 2020

**Re: Parent Workshops – Challenging Behaviour**

Dear Parents/Carers

Following the success and interest we have had with our online Parent Workshops: Helping Your Child with their Fears & Worries, I am happy to be able to tell you we are offering a new course for parents on Challenging Behaviour.

This will be a six week course for 1 hour and will be delivered online via zoom. Times are yet to be confirmed.

Could you please let your parents/carers know about this and use the attached application form to register interest? Once we have confirmed times we will contact those on our waiting list to offer places.

The sessions will be as follows:

- Mon 28th Sep - Session 1
- Mon 5th Oct - Session 2
- Mon 19th Oct - Session 3
- Mon 2nd Nov - Session 4
- Mon 9th Nov - Session 5
- Mon 16th Nov - Session 6

Please complete and return forms to [trailblazer@mindinwestessex.org.uk](mailto:trailblazer@mindinwestessex.org.uk)

Kindest Regards,

**Kerry Lawson**

01279 421308

07935 067383

Children & Young People's

Mental Health Support Team Administrator