



CHUMS DIRECT
YOUNG PEOPLE &
PARENT/CARER WORKSHOPS

£30

CHUMS Direct Workshops Online via Microsoft Teams, so that you can join from anywhere!

CHUMS services have been supporting the emotional wellbeing needs of children and families for over 28 years. We are excited to offer & support in a new and dynamic way to provide access to effective and reliable support quickly. We have created a wide range of workshops that will help you, make sense of the research and how this applies to you, giving you ideas and strategies that work.

WORRY & ANXIETY WORKSHOPS

11+ YEARS

11/2/26 @ 6PM - 7:30PM
11/3/26 @ 6PM - 7:30PM

(For parents/carers & young person)

The CHUMS "Worry and anxiety workshop" is designed for parents/carers and children of secondary school age (11+ years old). This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

5-10 YEARS

15/4/26 @ 6PM - 7:30PM

(For parents/carers)

The CHUMS "Worry and anxiety workshop" is designed for parents/carers of primary aged children (5-10 years old). This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

PARENT SELF-ESTEEM WORKSHOP

18/2/26 @ 6PM - 7:30PM

(For parents of young people aged 5 - 11 years old)

The CHUMS "How to build self-esteem workshop" is designed for parents/carers of children 5-11 years of age. This single session equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

GETTING BETTER SLEEP

4/3/26 @ 6PM - 7:30PM

(For parents of young people aged 4 - 11 years old)

The CHUMS "Getting better sleep workshop" is designed for parents/carers of children aged 4-11. The single session provides psychoeducation on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.

EXAM STRESS

18/3/26 @ 6PM - 7:30PM

(For parents & young people aged 12+ years old)

Our one off Exam Stress workshop equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

DEVELOPING RESILIENCY

1/4/26 @ 6PM - 7:30PM

(For parents of young people aged 6 - 11 years old)

Designed to support parents/carers build resilience in the primary school years. This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

SUPPORTING SCHOOL TRANSITIONS LOWER/MIDDLE

22/4/26 @ 6PM - 7:30PM

(For parents of young people aged 5 - 10 years old)

The CHUMS "School transitions workshop" is designed to support parents and carers of children who are of lower- to middle school ages. We offer these single session workshops, so that you are ready to go when the new school year begins, whether that is starting a new class, year group or school. These workshops provide psychoeducation to learn about the research behind supporting healthy transitions and you will learn evidence-based strategies to help children start the school year with confidence.

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 90 minute sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

To book please visit <https://chums.uk.com/chumsdirect/>