

Understanding & Managing Challenging Behaviour Workshop for Parents/Guardians

From the **MHST** - Mental Health Support Team for SEN schools in Hertfordshire and West Essex

Parent Workshop

This one-hour parent workshop will be delivered using the platform Microsoft Teams. The session will be interactive so you will be encouraged to actively participate. Strategies will focus on early intervention, prevention and information sharing.

Aim of the group

- To share your experiences regarding challenging behaviours.
- To improve your understanding of the difficulties a young person with special educational needs may experience and how these are communicated through behaviours.
- To provide practical strategies and advice to help you to understand and better manage challenging behaviours.

If you are interested in joining the workshop or wish to find out more, please email the MHST at hct.mhst@nhs.net and provide us with the details below. This information must be provided to join the group so that we can open your child's record on our system:

- Your child's school and home address
- Your child's name, date of birth and ethnicity
- The name of the workshop you would like to attend
- Your contact number and email address