



worcestershire
county council



ON
SIDE
PASSIONATE ABOUT EQUALITY

ActOnIt is delivered by ONSIDE and Action for Children in partnership with Worcestershire County Council



We are happy to announce that all Worcestershire parents are able to access, free of cost, a parenting workshop delivered by the NHS Starting Well (Community & Parenting) Service.

The online workshops are available for parents, carers and guardians with children aged 11-19 and includes:

- CBT (cognitive behavioural training) techniques to boost mood for the whole family.
- Tools and techniques to help manage anxiety and low mood with your teens.
- Live Q&A with a practitioner.

Workshops are on the following dates:

- Wednesday 25th October 2023 at 6pm — [Mental Health – Supporting my Teen](#)
- Wednesday 8th November 2023 at 1pm — [Mental Health – Supporting my Teen](#)
- Wednesday 22nd November 2023 at 6pm — [Mental Health – Supporting my Teen](#)
- Wednesday 6th December 2023 at 1pm — [Mental Health – Supporting my Teen](#)
- Wednesday 20th December 2023 at 6pm — [Mental Health – Supporting my Teen](#)
- Wednesday 3rd January 2024 at 1pm — [Mental Health – Supporting my Teen](#)
- Wednesday 17th January 2024 at 6pm — [Mental Health – Supporting my Teen](#)
- Wednesday 31st January 2024 at 1pm — [Mental Health – Supporting my Teen](#)
- Wednesday 14th February 2024 at 1pm — [Mental Health – Supporting my Teen](#)
- Wednesday 28th February 2024 at 6pm — [Mental Health – Supporting my Teen](#)

Or use this link: [Act On It - Supporting my teen | Starting Well \(startingwellworcs.nhs.uk\)](#)