



Mental Health Support Team (MHST) Parent/Carer Workshops

The Breckland Mental Health Support Teams would like to invite you to join our parent/carers workshop.

These are free virtual workshops delivered via Microsoft Teams. These workshops are designed to provide you with up-to-date advice and guidance on how parents and carers can support their children with their wellbeing. The workshops are approximately 60 minutes long.

To join our workshops, simply download Microsoft Teams or join via your internet browser and enter the Meeting ID and passcode below. Alternatively, you can access the workshop by clicking the link below.

MHST Parent/Carer Online Workshop: **Separation Anxiety**

This workshop explores how anxiety affects children, and in particular some difficulties they may be experiencing in relation to separation from parents/carers. The workshop will provide strategies that may help to support them.

Date and Time: 1st October 2025 1pm-2pm

Microsoft Teams: [Join the meeting now](#)

Meeting ID: 335 457 303 251 6

Passcode: 72KU9Tr6

Date and Time: 2nd October 2025 10am-11am

Microsoft Teams: [Join the meeting now](#)

Meeting ID: 318 359 370 377 5

Passcode: x7FS3Hy2

Date and Time: 6th October 2025 330pm-430pm

Microsoft Teams: [Join the meeting now](#)

Meeting ID: 336 948 048 259 1

Passcode: 83Fx2yN2

If you have any difficulties accessing the workshops, please contact the Breckland MHST shared inbox: ccs.mhstbreckland@nhs.net