

Free Virtual Workshops for School Staff

Hammersmith, Fulham, Ealing & Hounslow Mind (HFEH Mind) are delivering free virtual workshops to school staff.

These are available to all non-MHST schools in north Westminster, and RBKC.

All workshops run for 1-hour and will be delivered over Zoom.

We will be exploring the following topics:

- Managing Conversations About Mental Health
 - Stress Management and Resilience
 - Healthy Habits, Routines and Wellbeing
 - Supporting Students with Transitions
 - Youth Mental Health Awareness

Workshops take place on Wednesdays, 16:00-17:00. Various dates available.

Please use the Eventbrite link below to book onto a workshop.

Workshop Name	Date(s)	Link
How to Have a Conversation About Mental Health	03/02/21, 05/05/21	https://www.eventbrite.co.uk/e/136792992523
Youth Mental health Awareness	10/02/21, 12/05/21	https://www.eventbrite.co.uk/e/136963636925
Healthy Habits & Wellbeing	17/03/21, 14/07/21	https://www.eventbrite.co.uk/e/137167851737
Stress Management & Resilience	31/03/21, 21/04/21	https://www.eventbrite.co.uk/e/137168010211
Supporting Students with Transitions (Yr 6)	16/06/21, 07/07/21	https://www.eventbrite.co.uk/e/137401143519
Supporting Students with Transitions (Yr 13)	09/06/21	https://www.eventbrite.co.uk/e/137403354131