

CORONAVIRUS – MENTAL HEALTH MATTERS



**EDUCATING
MATTERS**

"Parents are a child's first and most important teacher"

HOW PARENTS CAN MANAGE THEIR MENTAL HEALTH

The whole world is living through unprecedented times and together we will need to collectively unite and aim to support each other and our own needs more than ever. Whilst the main focus is on staying physically healthy, we can't afford to neglect our own mental health, so that we are able to support our families through this difficult period. This webinar is designed to give parents the tools to support themselves during a time of stress, fear and uncertainty whilst also being asked to meet the needs of their children.

SESSION OUTLINE

- What to expect in terms of your mental health
- How the brain works during times of crisis and extreme stress
- How to develop self-regulatory skills using Cognitive Behavioural Therapy and Compassion Focused Therapy
- Working from home with children as effectively as possible
- Navigating and practical tips for your own self-care

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

HANNAH ABRAHAMS (SPEAKER)

Trained as a primary school teacher and subsequently a Child and Educational Psychologist at the Institute of Education in London, Hannah works in both the state and private sector. She has worked in significant trauma and crises including supporting families and children directly affected by the Grenfell Tower Disaster. Over the past 18 years including becoming a mother of 3 children she has worked in Inner London Boroughs in Schools and with Mental Health Teams to provide support to children and families.

She has a special interest in Autism and supporting children in developing their emotional intelligence as well as key specialisms in specific learning difficulties including Dyslexia and Dyspraxia. Hannah also regularly works with new mothers and fathers, supporting their transitions into parenthood.