MHST PARENT & CARER WEBINARS

Jointly run by Off the Record and Croydon Drop In

Join us online for the following free workshops.
Sign up via Eventbrite by scanning the QR code.
Cameras and microphones can be turned off.



Little Children, Big Emotions - Emotion Regulation
Tuesday 3rd November 2026 at 6pm



Helping Your Child With Anxiety and Worries
Thursday 12th November 2026 at 6pm

Clear Limits, Calm Days - Boundaries and Routines
Tuesday 17th November 2026 at 6pm

Introduction to Neurodivergence
Thursday 26th November 2026 at 6pm

Supporting Your Young Person With Low Mood
Tuesday 1st December 2026 at 6pm

Scan Here to Register Your Interest







TALK TO US
OFF THE RECORD

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Croydon Drop In