

Children, Mental Health and Everyday Conversations

Level 2

Background

Conversations with children safeguard their mental health by creating safe spaces to discuss feelings, normalising emotional expression, and boosting confidence and resilience

This multi-disciplinary course, will enable participants from a wide range of backgrounds to consider how, through their role; they can support and promote the mental health and wellbeing of children and young people

Learning Objectives:

Participants will gain opportunities to:

- Understand your own and others perspective on children and young people's mental health
- Explore a solution focused therapy approach
- Learn some techniques for conversations on mental health with children

You can **book your place** using our [online booking form](#). Details of course fees and our cancellation policy can be viewed [here](#).

Facilitator

Marco Temes Serrano
Redbridge Education Welfare Team

CLASSROOM (half day)

Thursday 27/11/25
Room 07-01, [Lynton House](#)
13:15 Registration
13:30 Start
17:00 Finish

CLASSROOM (half day)

Thursday 14/05/26
Committee Room 2, [Redbridge Town Hall](#)
09:15 Registration
09:30 Start
13:00 Finish

