

# 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

### 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       |

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

