

MHST Webinars

Managing challenging behaviour- for parents of adolescents

Provided by Bexley Mental Health support team

<i>The webinar will include strategies on:</i>
<ul style="list-style-type: none">• <i>Co-regulation</i>
<ul style="list-style-type: none">• <i>Child temperament</i>
<ul style="list-style-type: none">• <i>Parent self-care</i>
<ul style="list-style-type: none">• <i>De-escalation</i>
<ul style="list-style-type: none">• <i>Communicating effectively</i>
<ul style="list-style-type: none">• <i>NVR (non-violent resistance) strategies</i>

Date: 8th July 2026

Time: 6-7pm

Follow link to sign up:

<https://www.eventbrite.com/e/1992757149277?aff=oddtcreator>