



Kent Emotional Wellbeing Teams  
Medway Emotional Support Teams

# Online Parent Workshops

Aimed at parents of children in primary school

## Me and My Child: Understanding Resilience

**20/08/2025 - 10am-12pm**

**\*Workshop  
timings  
change from  
term to term**

Would you like to come and **meet with other parents and carers** to **reflect and generate ideas** of how you can be a positive role model of resilience for your child?

You are invited to a **workshop about understanding resilience and its importance in your child's development**. It will help you to consider **factors which can help to build your child's' resilience in the context of caring relationships**.

If you would like to join, please **ctrl + click the link below** or by entering the **Meeting ID and Passcode** within **Teams**:

[Me and My Child - Understanding Resilience | Meeting-Join | Microsoft Teams](#)



Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

**[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)**

**We look forward to meeting you.**



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)