NHS
Kent and Medway
Mental Health
NHS Trust

Parent Workshop

Understanding the Amazing Teenage Brain

29/09/2026 18:00pm—20:00pm

Understanding the amazing teenage brain | Join meeting in Teams | Microsoft Teams

Less Stress Guide to Exams

11/11/2026 17:00pm—18:00pm

Less Stress Guide to Exams | Join meeting in Teams | Microsoft Teams

Co-regulation in Conversations and Conflict

25/11/2026 17:30pm—19:30pm

Co-regulation in Conversations and Conflict | Join meeting in Teams | Microsoft Teams

EMOTIONAL WELLBEING TEAM KENT
EMOTIONAL SUPPORT TEAM
MEDWAY

Please call for more information 0300 300 1955