

Parent Workshop

Me and My Child: Understanding Resilience

08/10/2026 10:30am -12:30pm

***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 & My Child: Understanding Resilience | Join meeting in Teams | 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:

kmmh.ewtandestenquiries@nhs.net



We look forward to meeting you



Emotional Wellbeing team Kent
Emotional Support team Medway

Please call for more information 0300 300 1955