**The Blues Programme – Parent/Carer Workshop**

**How Long is the Virtual Workshop?** 1 hour, 15 minutes, can be delivered after school hours in a twilight session or during a school day.

**Who is it for?** Parents/Carers of young people who are or have attended Ayr Academy. This is a whole school approach to supporting emotional health and wellbeing; learning and developing techniques to help best support young people, and themselves.

**Who delivers the workshop?**  Action for Children Blues Programme staff.

**Workshop Overview:**

* **Introduce parents/carers to The Blues Programme**
* **Discuss Mental Health and what impacts on our and young peoples’ Emotional Wellbeing**
* **Introduce parents/carers to the CBT (cognitive behavioural therapy) based ‘Triangle Diagram’**
* **Explore techniques to challenge negative thoughts by changing our thinking**
* **Explore how what we do, impacts how we feel**
* **Reflect on our experiences and learning**
* **Discuss all the ways can we help young people**
* **Discuss how we look after ourselves**
* **Learn about practical ideas and further support for young people and parents/carers**

