

Parent Workshop's

For Supporting Young People Experiencing;

- Anxiety and Panic Attacks
- Self-Harm and Suicidal Thoughts
- Negative Body Image
- Grief and Loss
- Sexuality and Gender Questioning

All Workshops Include;

- 60-90 min interactive workshop's with Psychotherapist, Emily Hamlet
- Parent funded, school funded and partially funded packages available.
- Aimed at supporting children aged 11-18
- Group exercises included in the 90 min workshops.

EMILY HAMLET

MA, BSC, MBACP

In collaboration with
**Turn The Page
Counselling**



Parent Funded

Package 1

- 60 min workshop with Emily
- Perfect for 5-10 people
- Covers all areas of Anxiety
- Information pack including workshop notes and hand made resources to be used at home.
- £35 per person

Package 2

- Includes all of the above
- 90 min workshop with Emily and a qualified assistant
- Perfect for 10- 30+ people
- Group exercises
- £35 per person

50% discount offered for any additional attendees who are supporting the same child

School Funded

Both of my school funded Packages include a detailed presentation covering all areas of Anxiety and give the parents an information pack to take away, which includes the presentation notes and hand made resources to use at home.

Package 1

- 60 min workshop with Emily
- Maximum 15 people

£350

Package 2

- 90 min workshop with Emily and a qualified assistant
- Can accomodate up to approximately 30 people
- Includes group exercises

£500

Partially funded

If a school would like to partially fund a workshop for the parents, they can select either of the parent funded workshop options and will be expected to cover 50% of the cost of the session and then charge the parents a reduced rate which covers the additional 50%.

Bespoke Packages

If you would like to discuss bespoke packages then contact me directly to discuss.

All workshops are available as staff training in collaboration with Joanna Page from Turn the Page Counselling

Booking Terms

- A clean, fit for purpose room must be provided which can accomodate the number of people in the chosen workshop
- For the parent funded or partially funded workshops, it is the schools responsibility to ensure the minimum number of participants specified are met, or the school will pay for the additional places up to the minimum criteria.
- Payment for all workshops is due before the workshop takes place. Cash and bank transfer are accepted.
- For parent or partially funded workshops, it is the schools responsibility to organise and collect payment.
- Any changes or cancellations must give at least 2 weeks notice.
- Payment accepted by bank transfer or cash.