



# MENTAL HEALTH WORKSHOPS FOR PROFESSIONALS working with children and young people

*'It was very informative & very well presented.'* *'Well worth going.'* *'I'd definitely recommend this!'* *'It was brilliant.'*

Coastal West Sussex Mind are coordinating a new programme of workshops for anyone who is working or volunteering with young people who may be facing a mental health challenge. Workshops are delivered by experienced trainers and will give practical advice and strategies to make a difference.



**Workshops across  
West Sussex**

**Support young  
people**

**Meet other  
professionals**

**Build your  
confidence in talking  
about mental health**

**COASTAL WEST SUSSEX  
MIND**

8-10 The Gateway,  
Durrington Lane,  
Worthing  
01903 277010

[www.coastalwestsussexmi  
nd.org](http://www.coastalwestsussexmind.org)

All workshops are open to people working or volunteering with young people in West Sussex and can be booked via Eventbrite: <http://coastalwestsussexmind.eventbrite.com>

Any questions, do contact us on 01903 277010 or [training@coastalwestsussexmind.org](mailto:training@coastalwestsussexmind.org)

Workshop name	Location and venue	No. of sessions	Dates	Time
Anxiety, Low Mood and Building Resilience in Primary Aged Children	The Regis Centre, Bognor Regis	1	26 <sup>th</sup> April 2019	13:30 – 16:30
YMHFA	Field Place, Worthing.	1 over 2 days	2 <sup>nd</sup> and 3 <sup>rd</sup> May 2019	9:30 – 16:30
Introduction to Attachment	Roffey Millennium Hall, Horsham	1	8 <sup>th</sup> May 2019	10:00 – 13:00
Bullying in Primary Aged Children	Barnham Community Centre, Barnham	1	14 <sup>th</sup> May 2019	10:00 – 13:00
The Adolescent Brain	Field Place, Worthing	1	12 <sup>th</sup> June 2019	13:00 – 16:00
YMHFA	Field Place, Worthing.	1 over 2 days	17 <sup>th</sup> and 18 <sup>th</sup> June 2019	9:00 – 17:00
Calmer Children	K2 Leisure Centre, Crawley	1	19 <sup>th</sup> June 2019	10:00 – 13:00
LGBTU	Roffey Millennium Hall Horsham	1	19 <sup>th</sup> June 2019	13:00 – 16:00
Intro to Emotional Coaching	Claire Hall, Haywards Heath	1	10 <sup>th</sup> September 2019	10:00 – 13:00
Substance Misuse and Mental Health	Field Place, Worthing	1	11 <sup>th</sup> September 2019	10:00 – 13:00
YMHFA	K2 Leisure Centre, Crawley	1 over 2 days	17 <sup>th</sup> and 18 <sup>th</sup> September 2019	9:00 – 17:00