**Webinar Friday 5th February 2021,**

**10.00am to 3.00pm**



School Mental Health in the Covid-19 Era

For educators in mainstream and special settings, who want to learn more about protecting mental health of children, staff and families in the Covid-19 era.

Our lives have been turned upside down by Covid-19 pandemic, and members of school communities have been hit particularly hard as children, parents and have struggled to adapt to completely new ways of teaching, learning and living. Mental health has been, and will continue to be impacted, for some children and adults to a far greater degree than others. A priority going forward, is to support and protect the mental health and wellbeing of each member of the school community. The Recovery Curriculum sets the foundation for this, but schools must also consider how they will build on this foundation to reduce the need for mental health interventions for all and to reduce ‘burn-out’ and long-term absence in staff.

This new workshop, which links theory to relevant, down-to-earth practice, will be of great benefit to anyone who works with children and young people. Areas explored include:

* Assessing and responding to differing levels of need;
* Signs and maladaptive coping behaviours to look out for;
* Having meaningful conversations with children and adults about painful issues;
* Developing healthy thinking processes;
* Increasing protective factors and ‘safety cues’ throughout the school culture to minimise the impact of the pandemic and prevent escalation into long-term mental and physical health problems.

**About the trainer**

Dr Jennifer Nock is an Educator and Chartered Psychologist, with many years of experience working with children and young people, their families and educators. She is passionate about supporting educators and parents to better understand mental health, behaviour and relationships, and to view children and young people through a developmental lens.

For additional information, and testimonials from our clients please visit our website: <http://www.jennifernocktrainingandconsultancy.com/>

**NUMBER OF ATTENdees IS LIMITED TO TWENTY AND We anticipate high levels of interest. Please book early to secure your place**

**Date Friday 5th February 2021 10.00-15.00**

**Venue**: **WEBINAR [on ZOOM]**

**Fee: £90 + VAT per person registered**

**To reserve your place and request an invoice please contact us at:** **jennifernock@protonmail.com**

**and complete and send the booking form below.**

**NB: It is most important that you include both the contact email details of the attendee AND those of the person in your organisation who processes payment of invoices.**

**Application form, Supporting Mental Health in the COVID-19 ERA WEBINAR**

**Friday 5th February 2021**

**NB: YOU CAN CANCEL your ATttendance on the WEBINAR but you must GIVE US FIVE WORKINGS DAYs’ NOTICE OF CANCELLATION, oTHERWISE YOU BE CHARGED THE WEBINAR FEE**

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| **Name of ATTENDEE:** | **School/organisation name and FULL address:** |
| **Role IN SCHOOL:**  | **Contact email address of attendee:****Mobile:**  |
| **Date:Friday 5th February 2021, 10.00-15.00** **Fee: £90 +VAT (£108) for each Attendee** |
| **PAYMent Details:****Please supply the name and contact details of the person who will process payment of invoice:****BACS payments are our preferred method (details will be furnished on the Invoice) but we are happy to receive cheques made payable to ‘Jennifer Nock Training and Consultancy’** |