

# Stay Well Digital Training Sessions

January - March 2026



**Stay Well Digital Training Sessions (delivered via Microsoft Teams/Zoom)**  
**FREE for Professionals, Parents/Care Givers and Volunteers working with Children & Young People within Staffordshire.**

It is advised (but not compulsory) to complete the introductory course;  
**‘Understanding the Emotional Wellbeing & Mental Health of Children and Young People’**  
 before accessing the specialist training sessions.

Please mark with an (x) which sessions you would like to attend and fill out the information  
 below before sending back to [training.staywellstaffs@changes.org.uk](mailto:training.staywellstaffs@changes.org.uk)  
 You will then receive an email back to confirm your booking.

INTRODUCTORY COURSE	
‘Understanding the Emotional Wellbeing & Mental Health of Children and Young People’	
Tuesday 13 <sup>th</sup> January - 10:30am - 15:00pm - MSTeams	
Tuesday 27 <sup>th</sup> January - 10:30am - 15:00pm - MSTeams	
Monday 9 <sup>th</sup> February - 10:30am - 15:00pm - MSTeams	
Monday 23 <sup>rd</sup> February - 10:30am - 15:00pm - MSTeams	
Tuesday 10 <sup>th</sup> March - 10:30am - 15:00pm - MSTeams	
Tuesday 24 <sup>th</sup> March - 10:30am - 15:00pm - MSTeams	
SPECIALIST SUBJECT TRAINING SESSIONS	
‘Supporting Children & Young People with Worry & Low Mood’	
Monday 12 <sup>th</sup> January - 09:30am - 11:30am - MSTeams	
Monday 26 <sup>th</sup> January - 09:30am - 11:30am - MSTeams	
Tuesday 10 <sup>th</sup> February - 12.30pm - 14:30pm - MSTeams	
Tuesday 24 <sup>th</sup> February - 12.30pm - 14:30pm - MSTeams	
Monday 9 <sup>th</sup> March - 12.30pm - 14:30pm - MSTeams	
Monday 23 <sup>rd</sup> March - 12.30pm - 14:30pm - MSTeams	
‘Raising Self-Esteem in Children & Young People’	
Monday 12 <sup>th</sup> January - 12.30pm - 14:30pm - MSTeams	



**For further training enquiries contact:**  
**Email: [training.staywellstaffs@changes.org.uk](mailto:training.staywellstaffs@changes.org.uk) Tel: 01782 418518**

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Monday 26 <sup>th</sup> January - 12.30pm - 14:30pm - MSTeams	
Tuesday 10 <sup>th</sup> February - 09:30am - 11:30am - MSTeams	
Tuesday 24 <sup>th</sup> February - 09:30am - 11:30am - MSTeams	
Monday 9 <sup>th</sup> March - 09:30am - 11:30am - MSTeams	
Monday 23 <sup>rd</sup> March - 09:30am - 11:30am - MSTeams	
<b>'Understanding &amp; Managing Self-Harm in Children &amp; Young People'</b>	
Monday 5 <sup>th</sup> January - 09:30am - 11:30am - MSTeams	
Monday 19 <sup>th</sup> January - 09:30am - 11:30am - MSTeams	
Tuesday 3 <sup>rd</sup> February - 12.30pm - 14:30pm - MSTeams	
Tuesday 17 <sup>th</sup> February - 12.30pm - 14:30pm - MSTeams	
Monday 2 <sup>nd</sup> March - 09:30am - 11:30am - MSTeams	
Monday 16 <sup>th</sup> March - 09:30am - 11:30am - MSTeams	
<b>'Suicide Awareness'</b>	
Monday 5 <sup>th</sup> January - 12.30pm - 14:30pm - MSTeams	
Monday 19 <sup>th</sup> January - 12.30pm - 14:30pm - MSTeams	
Tuesday 3 <sup>rd</sup> February - 09:30am - 11:30am - MSTeams	
Tuesday 17 <sup>th</sup> February - 09:30am - 11:30am - MSTeams	
Monday 2 <sup>nd</sup> March - 12.30pm - 14:30pm - MSTeams	
Monday 16 <sup>th</sup> March - 12.30pm - 14:30pm - MSTeams	
<b>'Dealing with Difficult Emotions (Anger)'</b>	
Tuesday 20 <sup>th</sup> January - 10:00am - 12:00pm - MSTeams	
Monday 2 <sup>nd</sup> February - 12.30pm - 14:30pm - MSTeams	



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Monday 16 <sup>th</sup> February - 12.30pm - 14:30pm - MSTeams	
Tuesday 3 <sup>rd</sup> March - 09:30am - 11:30pm - MSTeams	
Tuesday 17 <sup>th</sup> March - 09:30am - 11:30pm - MSTeams	
<b>'Cyber Bullying &amp; Social Media Awareness'</b>	
Tuesday 20 <sup>th</sup> January - 13:00pm - 15:00pm - MSTeams	
Monday 2 <sup>nd</sup> February - 09:30am - 11:30pm - MSTeams	
Monday 16 <sup>th</sup> February - 09:30am - 11:30pm - MSTeams	
Tuesday 3 <sup>rd</sup> March - 12.30pm - 14:30pm - MSTeams	
Tuesday 17 <sup>th</sup> March - 12.30pm - 14:30pm - MSTeams	
<b>'LGBTQ+ Awareness'</b>	
Friday 9 <sup>th</sup> January - 10:00am - 12:00pm - MSTeams	
Friday 30 <sup>th</sup> January - 10:00am - 12:00pm - MSTeams	
Friday 20 <sup>th</sup> February - 10:00am - 12:00pm - MSTeams	
Friday 20 <sup>th</sup> March - 10:00am - 12:00pm - MSTeams	
<b>'Understanding Disordered Eating in Children &amp; Young People'</b>	
Friday 23 <sup>rd</sup> January - 10:00pm - 12:00pm - MSTeams	
Friday 13 <sup>th</sup> February - 10:00pm - 12:00pm - MSTeams	
Friday 13 <sup>th</sup> March - 10:00pm - 12:00pm - MSTeams	
<b>Supporting Children &amp; Young People with Bereavement &amp; Loss</b>	
Wednesday 28 <sup>th</sup> January - 10:00am - 12:00pm - Zoom	
Tuesday 10 <sup>th</sup> February - 13:00pm - 15:00pm - Zoom	
Thursday 19 <sup>th</sup> March - 15:00pm - 17:00pm - Zoom	



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# Stay Well Digital Training Sessions

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Supporting Neurodiverse Children & Young People	
Friday 16 <sup>th</sup> January - 09:30am - 11:30am - MSTeams	
Friday 6 <sup>th</sup> February - 09:30am - 11:30am - MSTeams	
Friday 27 <sup>th</sup> February - 09:30am - 11:30am - MSTeams	
Friday 27 <sup>th</sup> March - 09:30am - 11:30am - MSTeams	

## PLEASE READ THE BELOW INFORMATION BEFORE BOOKING

### Instructions for Digital Sessions:

- Post Course Questionnaires will be sent via email on completion of the training and must be sent back to receive the training slides and certificate of attendance.
- If you do not receive the Microsoft Teams link and you have confirmation of your booking, please contact: [kayleigh.harris@changes.org.uk](mailto:kayleigh.harris@changes.org.uk) or 01782 418518.
- Please ensure you are using both audio and video settings during the training session.

<b>Name:</b>	
<b>Job Role:</b>	
<b>Organisation:</b>	
<b>Email Address:</b>	
<b>Do you have access to a device with working audio &amp; video? Yes / No</b>	



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