

Stay Well Digital Training Sessions

October-December 2026



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.

You will then receive an email back to confirm your booking.

Understanding the Emotional Wellbeing & Mental Health of Children & Young People

- | | |
|--|--------------------------|
| Monday 12th October - 9.30am - 2pm | ☐ |
| Friday 30 th October - 9am - 1.30pm | ☐ |
| Friday 13th November - 9am - 1.30pm | ☐ |
| Monday 30 th November - 9am - 1.30pm | ☐ |
| Tuesday 15 th December - 9am - 1.30pm | ☐ |

Dealing with Difficult Emotions (Anger)

- | | |
|---|--------------------------|
| Monday 5 th October - 9.30am - 11.30am | ☐ |
| Tuesday 27 th October - 12.30pm - 2.30pm | ☐ |
| Friday 6th November - 9.30am - 11.30am | ☐ |
| Friday 20th November - 9.30am - 11.30am | ☐ |
| Tuesday 8 th December - 9.30am - 11.30am | ☐ |

Supporting Children & Young People with Worry & Low Mood

- | | |
|---|--------------------------|
| Tuesday 13 th October - 9.30am - 11.30am | ☐ |
| Wednesday 28 th October - 12.30pm - 2.30pm | ☐ |
| Tuesday 17 th November - 12.30pm - 2.30pm | ☐ |
| Tuesday 1 st December - 12.30pm - 2.30pm | ☐ |

Raising Self-Esteem in Children & Young People

- | | |
|---|--------------------------|
| Tuesday 13 th October - 12.30pm - 2.30pm | ☐ |
| Wednesday 28 th October - 9.30am - 11.30am | ☐ |
| Tuesday 17 th November - 9.30am - 11.30am | ☐ |
| Tuesday 1 st December - 9.30am - 11.30am | ☐ |

For further training enquiries contact:

Email: training.staywellstaffs@changes.org.uk | Tel: 01782 418518

Understanding & Managing Self-Harm in Children & Young People

Tuesday 6 th October - 12.30pm - 2.30pm	☐
Monday 2 nd November - 9.30am - 11.30am	☐
Tuesday 24 th November - 9.30am - 11.30am	☐
Monday 14 th December - 9.30am - 11.30am	☐

Supporting Children & Young People with Suicidal Thoughts

Tuesday 6 th October - 9.30am - 11.30am	☐
Monday 2 nd November - 12.30pm - 2.30pm	☐
Tuesday 24 th November - 12.30pm - 2.30pm	☐
Monday 14 th December - 12.30pm - 2.30pm	☐

Understanding Disordered Eating in Children & Young People

Friday 16 th October - 9.30am - 11.30am	☐
Tuesday 10 th November - 9.30am - 11.30am	☐
Friday 4 th December - 9.30am - 11.30am	☐

Social Media Awareness/Cyberbullying Support

Friday 2 nd October - 9.30am - 11.30am	☐
Tuesday 3 rd November - 9.30am - 11.30am	☐
Friday 11 th December - 9.30am - 11.30am	☐

LGBTQ+ Awareness

Friday 9 th October - 9.30am - 11.30am	☐
Friday 18 th December - 9.30am - 11.30am	☐

Supporting Children & Young People with Bereavement & Loss

Monday 9 th November - 2.00pm - 4.00pm	☐
Thursday 3 rd December - 9.30am - 11.30am	☐

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Stay Well Digital Training Sessions



Supporting Neurodiverse Children & Young People

- | | |
|--|--------------------------|
| Monday 5 th October - 12.30pm - 2.30pm | ☐ |
| Tuesday 27 th October - 9.30am - 11.30am | ☐ |
| Tuesday 10 th November - 12.30pm - 2.30pm | ☐ |
| Tuesday 8 th December - 12.30pm - 2.30pm | ☐ |

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: training.staywellstaffs@changes.org.uk or call 01782 418518. You will receive the link around 2-7 days in advance, so if you are not in receipt of this, please contact ASAP.**
- **Please ensure you have access to both audio and video settings during the training session.**

Name:	
Job Role (if parent/carer N/A):	
Organisation (if parent/carer N/A):	
Email Address:	
Do you have access to a device with working audio & video? Yes / No	

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