

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 kayleigh.harris@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 th January - 10:30am - 15:00pm - MSTeams	
Tuesday 27 th January - 10:30am - 15:00pm - MSTeams	
Monday 9 th February - 10:30am - 15:00pm - MSTeams	
Monday 23 rd February - 10:30am - 15:00pm - MSTeams	
Tuesday 10 th March - 10:30am - 15:00pm - MSTeams	
Tuesday 24 th March - 10:30am - 15:00pm - MSTeams	
SPECIALIST SUBJECT TRAINING SESSIONS	
‘Supporting Children & Young People with Worry & Low Mood’	
Monday 12 th January - 09:30am - 11:30am - MSTeams	
Monday 26 th January - 09:30am - 11:30am - MSTeams	
Tuesday 10 th February - 12.30pm - 14:30pm - MSTeams	
Tuesday 24 th February - 12.30pm - 14:30pm - MSTeams	
Monday 9 th March - 12.30pm - 14:30pm - MSTeams	
Monday 23 rd March - 12.30pm - 14:30pm - MSTeams	
‘Raising Self-Esteem in Children & Young People’	
Monday 12 th January - 12.30pm - 14:30pm - MSTeams	



For further training enquiries contact:
Email: kayleigh.harris@changes.org.uk Tel: 01782 418518

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



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



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Supporting Neurodiverse Children & Young People	
Friday 16 th January - 09:30am - 11:30am - MSTeams	
Friday 6 th February - 09:30am - 11:30am - MSTeams	
Friday 27 th February - 09:30am - 11:30am - MSTeams	
Friday 27 th 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 or 01782 418518.
- Please ensure you are using both audio and video settings during the training session.

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



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