

# Parent Webinar 2026



Central and  
North West London  
NHS Foundation Trust

## CNWL London Mental Health Support Team Brent | Harrow | Hillingdon

is offering the following online parent webinars:



### Promoting Positive Behaviour

A webinar packed with advice and support to help you promote desired behaviours and manage behaviours which you can find more challenging.

**Thursday 30th July**  
**Time: 12-1pm**



### Child & Teen Anxiety

A webinar aimed to support young people in an understanding of anxiety and coping strategies to help to manage anxiety.

**Thursday 27th August**  
**Time: 12-1pm**



### Parent Wellbeing

Sometimes parenting can be challenging and exhausting. Our practitioners will support you to think about your wellbeing in this creative and educational webinar.

**Friday 25th September**  
**Time: 12-1pm**

If your child/children is attending a Brent/Harrow/Hillingdon school, this is for you.

It is FREE to join! Please use the QR code below to register.

We look forward to seeing you.



For query, please email:

Brent: [cnwl.adminbrentmhstcamhs@nhs.net](mailto:cnwl.adminbrentmhstcamhs@nhs.net)

Harrow: [cnwl.adminharrowmhstcamhs@nhs.net](mailto:cnwl.adminharrowmhstcamhs@nhs.net)

Hillingdon: [cnwl.adminhillingdonmhstcamhs@nhs.net](mailto:cnwl.adminhillingdonmhstcamhs@nhs.net)



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## Supporting Neurodivergent young people's wellbeing

Join this webinar to learn practical tools and tips to support the emotional wellbeing of neurodivergent children, including those who are Autistic and have attention differences (ADHD).

**Thursday 29th October**  
**Time: 12-1pm**



## Supporting Transitions and Change

A webinar dedicated to helping parents help their child manage transitions, such as moving from primary to secondary school, which can be anxiety provoking!

**Friday 27th November**  
**Time: 12-1pm**

If your child/children is attending a Brent/Harrow/Hillingdon school, this is for you.

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