

# Stay Well Digital Training Sessions

April - June 2026



**Stay Well Digital Training Sessions (delivered via Microsoft Teams)  
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 14 <sup>th</sup> April - 10:30am - 15:00pm - MSTeams	
Tuesday 28 <sup>th</sup> April - 10:30am - 15:00pm - MSTeams	
Monday 11 <sup>th</sup> May - 10:30am - 15:00pm - MSTeams	
Tuesday 26 <sup>th</sup> May - 10:30am - 15:00pm - MSTeams	
Tuesday 9 <sup>th</sup> June - 10:30am - 15:00pm - MSTeams	
Tuesday 23 <sup>rd</sup> June - 10:30am - 15:00pm - MSTeams	

SPECIALIST SUBJECT TRAINING SESSIONS	
'Supporting Children & Young People with Worry & Low Mood'	
Monday 20 <sup>th</sup> April - 09:30am - 11:30am - MSTeams	
Tuesday 5 <sup>th</sup> May - 09:30am - 11:30am - MSTeams	
Monday 18 <sup>th</sup> May - 09:30am - 11:30am - MSTeams	
Monday 8 <sup>th</sup> June - 09:30am - 11:30am - MSTeams	
Monday 22 <sup>nd</sup> June - 09:30am - 11:30am - MSTeams	
'Raising Self-Esteem in Children & Young People'	
Monday 20 <sup>th</sup> April - 12.30pm - 14:30pm - MSTeams	



For further training enquiries contact:  
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Tuesday 5 <sup>th</sup> May - 12.30pm - 14:30pm - MSTeams	
Monday 18 <sup>th</sup> May - 12.30pm - 14:30pm - MSTeams	
Monday 8 <sup>th</sup> June - 12.30pm - 14:30pm - MSTeams	
Monday 22 <sup>nd</sup> June - 12.30pm - 14:30pm - MSTeams	
<b>‘Understanding &amp; Managing Self-Harm in Children &amp; Young People’</b>	
Tuesday 21 <sup>st</sup> April - 12:30pm - 14:30pm - MSTeams	
Tuesday 12 <sup>th</sup> May - 12.30pm - 14:30pm - MSTeams	
Tuesday 2 <sup>nd</sup> June - 12.30pm - 14:30pm - MSTeams	
Tuesday 16 <sup>th</sup> June - 12.30pm - 14:30pm - MSTeams	
Tuesday 30 <sup>th</sup> June - 12.30pm - 14:30pm - MSTeams	
<b>‘Suicide Awareness’</b>	
Tuesday 21 <sup>st</sup> April - 09:30am - 11:30am - MSTeams	
Tuesday 12 <sup>th</sup> May - 09:30am - 11:30am - MSTeams	
Tuesday 2 <sup>nd</sup> June - 09:30am - 11:30am - MSTeams	
Tuesday 16 <sup>th</sup> June - 09:30am - 11:30am - MSTeams	
Tuesday 30 <sup>th</sup> June - 09:30am - 11:30am - MSTeams	
<b>‘Dealing with Difficult Emotions (Anger)’</b>	
Monday 27 <sup>th</sup> April - 9:30am - 11:30am - MSTeams	
Tuesday 19 <sup>th</sup> May - 09:30am - 11:30pm - MSTeams	
Monday 1 <sup>st</sup> June - 09:30am - 11:30pm - MSTeams	
Monday 15 <sup>th</sup> June - 09:30am - 11:30pm - MSTeams	
Monday 29 <sup>th</sup> June - 09:30am - 11:30pm - MSTeams	



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<b>'Cyber Bullying &amp; Social Media Awareness'</b>	
Friday 17 <sup>th</sup> April - 09:30am - 11:30pm - MSTeams	
Friday 15 <sup>th</sup> May - 09:30am - 11:30pm - MSTeams	
Friday 5 <sup>th</sup> June - 09:30am - 11:30pm - MSTeams	
<b>'LGBTQ+ Awareness'</b>	
Friday 24 <sup>th</sup> April - 09:30am - 11:30pm - MSTeams	
Friday 22 <sup>nd</sup> May - 09:30am - 11:30pm - MSTeams	
Friday 19 <sup>th</sup> June - 09:30am - 11:30pm - MSTeams	
<b>'Understanding Disordered Eating in Children &amp; Young People'</b>	
Friday 8 <sup>th</sup> May - 09:30am - 11:30pm - MSTeams	
Friday 29 <sup>th</sup> May - 09:30am - 11:30pm - MSTeams	
Friday 26 <sup>th</sup> June - 09:30am - 11:30pm - MSTeams	

<b>Supporting Children &amp; Young People with Bereavement &amp; Loss</b>	
Wednesday 29 <sup>th</sup> April - 10:00am - 12:00pm - MSTeams	
Monday 29 <sup>th</sup> June - 14:00pm - 16:00pm - MSTeams	
<b>Supporting Neurodiverse Children &amp; Young People</b>	
Monday 27 <sup>th</sup> April - 12.30pm - 14:30pm - MSTeams	
Tuesday 19 <sup>th</sup> May - 12.30pm - 14:30pm - MSTeams	
Monday 1 <sup>st</sup> June - 12.30pm - 14:30pm - MSTeams	
Monday 15 <sup>th</sup> June - 12.30pm - 14:30pm - MSTeams	
Monday 29 <sup>th</sup> June - 12.30pm - 14:30pm - MSTeams	



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## 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](mailto: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.

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



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