

# Online Parent/Carer Workshops 2025/2026 – Spring 1

These workshops are delivered by Northpoint via Microsoft Teams and are available to all parents/carers in Calderdale schools. Please see below for the individual Eventbrite links to share with parents/carers – parents/carers need to sign up to the workshop to receive the joining information. There are 25 places available for each session. School staff are also welcome to attend the workshops.

## Understanding & Supporting Low Mood

This workshop will cover what low mood is and how it may affect children and young people. It will cover warning signs of low mood, as well as practical strategies and resources that can be used to support your child and young person with any low mood.

- 15.01.26 at 10-11am: [Understanding & Supporting Low Mood parent/carers workshop Tickets, Thu, Jan 15, 2026 at 10:00 AM | Eventbrite](#)
- 28.01.26 at 6-7pm: [Understanding & Supporting Low Mood parent/carers workshop Tickets, Wed, Jan 28, 2026 at 6:00 PM | Eventbrite](#)

## Understanding Autism

This workshop will cover understanding what autism is, features of autism and how this can look in some children and young people, as well as tips and strategies for supporting autistic young people. This workshop is suitable for parents/carers of children and young people who have a diagnosis of autism or are currently awaiting assessment.

- 22.01.26 at 10-11am: [Understanding Autism parent/carers workshop Tickets, Thu, Jan 22, 2026 at 10:00 AM | Eventbrite](#)
- 10.02.26 at 6-7pm: [Understanding Autism parent/carers workshop Tickets, Tue, Feb 10, 2026 at 6:00 PM | Eventbrite](#)

## Understanding ADHD

This workshop provides an overview of attention deficit hyperactivity disorder (ADHD) and how it may present in children and young people. It explores key characteristics and how these may affect day-to-day life. The session also offers practical strategies and resources to help parents/carers support their child at home and in school. This workshop is suitable for parents/carers of children and young people who have a diagnosis of ADHD or are currently awaiting assessment.

- 05.02.26 at 10-11am: [Understanding ADHD parent/carers workshop Tickets, Thu, Feb 5, 2026 at 10:00 AM | Eventbrite](#)
- 13.01.26 at 6-7pm: [Understanding ADHD parent/carers workshop Tickets, Tue, Jan 13, 2026 at 6:00 PM | Eventbrite](#)