



HEST
Havering Emotional Support Team

NELFT NHS
NHS Foundation Trust

JOIN US!

HEST

Online Parent Workshops

HEST are offering monthly online workshops for all parents/carers in Havering.

These workshops provide information and practical strategies on a range of topics related to children's emotional wellbeing, including anxiety, sleep, behaviour, exam stress, and more!

Once a month, evenings via Teams
Scan the QR code to register for future workshops!

