Think Together at SEND CENTRAL
November 2026

Think Together supports children and young people when mental health difficulties first arise. Their team can offer advice, information, and signposting to local services. They also provide a range of workshops. This month Think Together are delivering the following workshops at SEND CENTRAL.

Tuesday 3rd November 10-11.30 - Understanding emotions and strategies to support your child or young person

A workshop to support understanding of emotions. We will discuss CBT informed strategies and techniques to support your child or young person's emotional regulation.

Wednesday 11th November 10-11.30 - An Introduction to worry management strategies for parents and carers.

A workshop to support understanding of worry, identify key features and maintaining factors of worry. We will discuss CBT informed strategies and techniques to help manage and reduce experience of worry.

Tuesday 24th November 10-11.30 - An Introduction to understanding OCD (Obsessive Compulsive Disorder)

A workshop to support parents/carers to learn more about OCD, how it can present in young people and what maintains OCD. We will discuss how parents/carers can get support for their child or young person when they may be experiencing OCD symptoms.

No Booking NeededAll held at SEND CENTRAL, Children's Centre on the site of Clifton Green Primary School, Water Lane York YO30 6JA Tel: 01904 555076 Email: SENDCENTRAL@york.gov.uk