Think Together at SEND CENTRAL
December 2026

Think Together support 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 1st December 10am- 11.30am Introduction to Low Mood for Parents and Carers.

A workshop for parents/ carers to learn about Low Mood and how it can present in young people. This will include advice on how to manage symptoms of Low Mood and information about local services.

No need to book.

Wednesday 9th December 10am - 11.30am An Introduction to Anxiety for Parents and Carers.

A workshop for parents/ carers to learn about Anxiety and how it can present in young people. This will include advice on how to manage symptoms of Anxiety and information about local services.

No need to book.

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