

# Online Children's Emotional Health & Wellbeing Workshop for parents and carers

Tuesday 16th January

12:30-13:30

Online via Microsoft  
teams

A one hour workshop delivered by the Mental Health Support Team.

The workshop will explore common aspects of young people's mental health and wellbeing, looking at some of the signs and symptoms of mental health difficulties.

It will help parents and carers to identify signs of emotional distress, find some helpful ways of managing them, and advise on how the Mental Health Support Team can help.



Mental Health Support Team  
Children's wellbeing workshop for  
parents & carers



Scan the QR code to register  
your interest.

The joining instructions will be  
sent one week before the event.

