



Thursday 15th May Parent Webinar 6pm - 7pm

Supporting your child's mental health Workshop

We would like to invite parents/carers of young people to a workshop which explores how to support your child's mental health -

The Webinar explores :

- What is mental health
- What can impact mental health
- When is support needed
- What support looks like
- what to do to maintain positive mental health



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID:364 683 482 861
Passcode: LwGwQ2