**Parenting can be stressful and overwhelming at times**



**Boost your wellbeing and resilience with Blackpool Healthier Minds** 

**We offer a range of talking therapies and one-off webinars. Contact us to find out more**

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| * Guided self-help
* Counselling
* Cognitive Behavioural Therapy (CBT)
* Eye Movement Desensitisation and

 Reprocessing Therapy (EMDR)* Online CBT
 | * Stress Control courses
* Mindfulness courses
* Resilience & Me Webinar
* Anxiety & Worry Webinar
* Low Mood Webinar
* Sleep & Relaxation Webinar
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