

## BMHF Online Wellbeing Workshop *‘Supporting Young People’s & Children’s Mental Wellbeing’*

- Would like to understand how you can support your child's mental wellbeing?



***Please attend our online workshops to find out more***

### **Workshop Details (Online)**

#### **Supporting Young People’s & Children’s Mental Wellbeing**

**Date: Thursday 3<sup>rd</sup> December 2020 Time: 11-12.30pm**

#### **Zoom Meeting Login in Details:**

**Meeting ID: 987 4165 4418**

**Passcode: 808843**

**You can join the workshop by emailing us to confirm your attendance (preferred option) or if you wish to remain anonymous you can also just join on the day without emailing.**

### **Important Instructions for Joining Zoom Meeting**

If you wish to remain anonymous, please use a pseudonym name (not your real name) and please ensure that your camera (video) is switched off.

*For more information on the workshops and to register your attendance please contact Shamsur Choudhury on **0771 607 8840** or email: **shamsur@bangladeshimentalhealth.org***