

# Mental Health and Emotional Wellbeing Workshops

## FOR PARENTS AND CARERS

Are you a parent or carer living  
in Blackpool, Fylde or Wyre?

Would you like to know more  
about children and young  
people's mental health and  
resilience?

If yes, please come along to our Mental  
Health and Emotional Wellbeing  
Workshops for parents and carers. All  
workshops are co-produced and co-  
facilitated by parents, carers and mental  
health professionals.

### LINKS

Understanding Anxiety

<https://www.eventbrite.co.uk/e/164138999165>

Combating Low Moods

<https://www.eventbrite.co.uk/e/164180015847>

Behaviour that Challenges

<https://www.eventbrite.co.uk/e/164180960673>

Discussing Self-harm

<https://www.eventbrite.co.uk/e/164181654749>

## WORKSHOP DATES & TIMES

Understanding Anxiety

23rd September 10AM-12.30PM

Online Via Zoom

Combating Low Moods

13th October 10AM-12.30PM

Online Via Microsoft Teams

Behaviour that Challenges

10th November 10AM-12.30PM

Online Via Zoom

Discussing Self-harm

2nd December 10AM-12.30PM

Online Via Microsoft Teams

TO BOOK:

click on the links to the left or  
phone/text/e-mail Vicki  
vicki@boingboing.org.uk /  
07908860429

