

Parent/Carer Workshops

Young Minds Matter School Links Team are holding
parent/carer workshops focusing on:

Children and Young People experiencing Self Harm

Please see the below dates and venue choices:

**Young Minds Matter,
Sorrell Road, DN34 4GB**

3rd Dec 2019 at 15:00 - 17:00

22nd Jan 2020 at 09:30 - 11:30

24th Jan 2020 at 09:30 - 11:30

22nd Apr 2020 at 15:00 - 17:00

**Riverside Children Centre,
Sorrell Road, DN34 4HE**

4th Dec 2019 at 09:30 - 11:30

21st Apr 2020 at 12:30 - 14:30

19th May 2020 at 12:30 - 14:30

Parents/Carers can book places by calling

Young Minds Matter on 01472 626100



Parent/Carer Workshops

Young Minds Matter School Links Team are holding
parent/carers workshops focusing on:

What is Mental Health for Children and Young People

Please see the below dates and venue choices:

**Young Minds Matter,
Sorrell Road, DN34 4GB**

**3rd Dec 2019 at 09:30 - 11:30
22nd Apr 2020 at 09:30 - 11:30
20th May 2020 at 15:00 - 17:00**

**Riverside Children Centre,
Sorrell Road, DN34 4HE**

**4th Dec 2019 at 12:30 - 14:30
20th Jan 2020 at 15:00 - 17:00
21st Jan 2020 at 12:30 - 14:30
20th Apr 2020 at 12:30 - 14:30
18th May 2020 at 12:30 - 14:30
19th May 2020 at 09:30 - 11:30**

Parents/Carers can book places by calling

Young Minds Matter on 01472 626100



Parent/Carer Workshops

Young Minds Matter School Links Team are holding
parent/carers workshops focusing on:

Children and Young People

experiencing Low Mood/Depression

Please see the below dates and venue choices:

Young Minds Matter,
Sorrell Road, DN34 4GB

22nd Jan 2020 at 12:30 - 14:30

22nd Apr 2020 at 12:30 - 14:30

20th May 2020 at 09:30 - 11:30

Riverside Children Centre,
Sorrell Road, DN34 4HE

2nd Dec 2019 at 12:30 - 14:30

4th Dec 2019 at 15:00 - 17:00

21st Jan 2020 at 09:30 - 11:30

21st Apr 2020 at 09:30 - 11:30

18th May 2020 at 15:00 - 17:00

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Young Minds Matter on 01472 626100



Parent/Carer Workshops

Young Minds Matter School Links Team are holding
parent/carers workshops focusing on:

Children and Young People experiencing Anxiety

Please see the below dates and venue choices:

**Young Minds Matter,
Sorrell Road, DN34 4GB**

3rd Dec 2019 at 12:30 - 14:30

22nd Jan 2020 at 15:00 - 17:00

24th Apr 2020 at 09:30 - 11:30

20th May 2020 at 12:30 - 14:30

22nd May 2020 at 09:30 - 11:30

**Riverside Children Centre,
Sorrell Road, DN34 4HE**

2nd Dec 2019 at 15:00 - 17:00

6th Dec 2019 at 09:30 - 11:30

20th Jan 2020 at 12:30 - 14:30

21st Jan 2020 at 15:00 - 17:00

20th Apr 2020 at 15:00 - 17:00

21st Apr 2020 at 15:00 - 17:00

19th May 2020 at 15:00 - 17:00

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