

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, emotional wellbeing, and resilience?
- Would you like more tools and strategies to support your child or young person with their mental health and emotional wellbeing?
- Would you like to share hints and tips with other parents and carers in a supportive, safe and non-judgemental environment?

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

Tuesday 26th Jan 10-12pm – Addressing Anxiety

<https://www.eventbrite.co.uk/e/132565983425>

Thursday 11th Feb 10-12pm – Lowering Low Moods

<https://www.eventbrite.co.uk/e/132988741907>

Wednesday 24th Feb 10-12pm – Balancing Behaviour that Challenges

<https://www.eventbrite.co.uk/e/132991700757>

Wednesday 10th March 10-12pm – Supporting Self-harm

<https://www.eventbrite.co.uk/e/132992314593>

Thursday 25th March 10-12pm – Self-Care for Parents and Carers

<https://www.eventbrite.co.uk/e/132992860225>

Book via the links provided, or go to www.eventbrite.co.uk and search HeadStart Blackpool, or phone/text/e-mail Vicki vicki@boingboing.org.uk / [07908860429](tel:07908860429)

We look forward to seeing you there!

