

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
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