



Thursday 23rd January Parent Webinar 6pm - 7pm

Understanding low mood Workshop



We would like to invite parents/carers of young people to a workshop which explores Low mood-

The Webinar explores :

- Learn more around possible signs and symptoms of low mood in children and young people.
- Consider way to support your child if they are experiencing low mood.
- Recognise when and how to request specialist support for your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID: 391 710 904 606
Passcode: cy9NUC