



Come and join us at St Bernadette's Catholic Primary school for our Family Workshops which will be every Thursday for four weeks.

Starting on 2nd May 2024 at 3.15pm until 4.15pm

Week one (2nd May) will looking at the Mental health and wellbeing for parents/carers.

Week two (9th May) will looking at Understanding your child's mental health and wellbeing

Week three (16th May) will looking at how we manage our child's worries

Week four (23rd May) will looking at the Importance of sleep.

Tea and coffee will be provided.

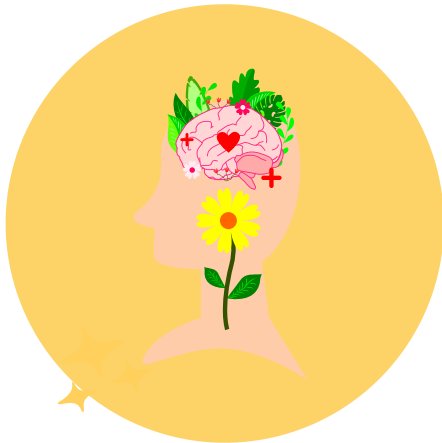
See the attached flyer for further information.



PMHW Family Workshop

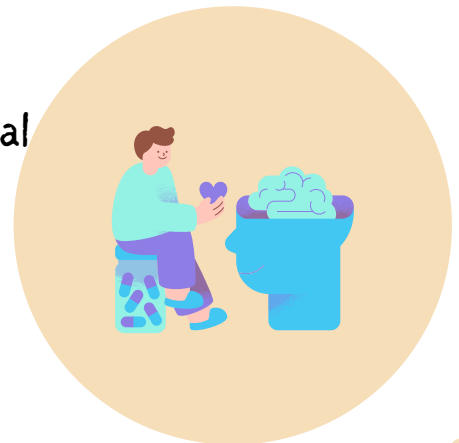
Week 1 : Mental health and wellbeing for parents/carers

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. We will explore practical ways of looking after your mental health



Week 2: Understanding your child's mental health and wellbeing

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.



Week 3: Managing worries

When your child is telling you they are having a hard time the first thing you will want to do is 'fix' it. Learning coping skills is especially useful; they will be able to rely on them during tough times and help your child feel more in control of there worries.



Week 4: Importance of sleep

Sleep is especially important for children and young people because it helps with mental, physical, social and emotional development. Sleep helps our brains to remember, memorise and analyse important information. Sleep can also affect our mood.

