

Mental Health and Wellbeing Trafford Sunrise Parent Workshops September 2021

- Are you a parent based in the Trafford area with a child aged **5-12** years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics.

Join our Zoom Workshops for Free! Pre-registration is required.

You need to be a Trafford Resident to participate in this workshop.

Anxiety

Wednesday 22nd September 2021

10am – 11:30am

Register in advance for this meeting:

https://us06web.zoom.us/meeting/register/tZMkfuGuqTwpH9LPi_Bbr31mEQuAj1EbQzM

Make sure to register early as there are limited spaces.

You can also see our event details and updates on Facebook and Twitter