

Mental Health and Wellbeing Parent Workshops

- 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.

No booking required!

We encourage parents to attend the full workshop to gain the most benefit

Parental Separation

Wednesday 29th January, 9:30 am -
11:00am

Lime Tree Primary Academy
Budworth Road, Sale, M33 2RP

Anxiety

Friday 31st January, 10:00 am -
11:30am

The Hideaway
Central Road, Partington, M31 4EL

Online Safety & Social Media

Tuesday 4th February, 9:30 am -
11:00am

St. Vincent's Primary School
Orchard Rd, Altrincham, WA15 8EY

Behavioural Difficulties

Thursday 6th February, 9:30 am -
11:00 am

Kings Road Primary School
Stretford, Manchester, M16 0GR

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



facebook.com/JustPsychologyCIC/



[@Just_Psychology](https://twitter.com/Just_Psychology)