

Supporting Children and Young Peoples Mental Health and Wellbeing

Details

Description

Marie McLeod will be presenting her newly updated interactive workshop about our children's Mental Wellbeing. The last year has had a huge effect on our children, but know you are not alone. Marie is a local Mum who has won awards for her work she does in mental health, she has trained in this area for 6 years and has had lived experience of caring for her own child with a mental health illness. The workshop includes ideas and a toolkit to help and advise parents/carers, highlighting signs and behaviour's to be aware of, and where to turn to for further support for your children.

To book your space or for more info please either email Sam at Thsendforum@gmail.com or book direct via eventbrite <https://childrensmentalhealthmatters.eventbrite.co.uk>

Date

11 March 2021

Start Time

10:30

End Time

12:00

Costs

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Free - but you must book a place through Eventbrite