

## **Mental Health and Emotional Wellbeing Workshops for Parents and Carers**



- Are you a parent or carer living in Blackpool, Fylde or Wyre?
- Would you like to know more about children and young people's mental health, emotional wellbeing, and resilience?
- Would you like more tools and strategies to support your child or young person with their mental health and emotional wellbeing?
- Would you like to share hints and tips with other parents and carers in a supportive, safe and non-judgemental environment?

If yes, please come along to our Mental Health and Emotional Wellbeing Workshops for parents and carers. All workshops are on-line and are co-produced and co-facilitated by parents, carers and mental health professionals.

**Tuesday 26<sup>th</sup> Jan 10-12pm – Addressing Anxiety**

<https://www.eventbrite.co.uk/e/132565983425>

**Thursday 11<sup>th</sup> Feb 10-12pm – Lowering Low Moods**

<https://www.eventbrite.co.uk/e/132988741907>

**Wednesday 24<sup>th</sup> Feb 10-12pm – Balancing Behaviour that Challenges**

<https://www.eventbrite.co.uk/e/132991700757>

**Wednesday 10<sup>th</sup> March 10-12pm – Supporting Self-harm**

<https://www.eventbrite.co.uk/e/132992314593>

**Thursday 25<sup>th</sup> March 10-12pm – Self-Care for Parents and Carers**

<https://www.eventbrite.co.uk/e/132992860225>

Book via the links provided, or go to [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search HeadStart Blackpool, or phone/text/e-mail Vicki [vicki@boingboing.org.uk](mailto:vicki@boingboing.org.uk) / [07908860429](tel:07908860429)

*We look forward to seeing you there!*

