

Mental Health and Wellbeing

June 2020 Parent Workshops (for parents with children aged 10 -16)



- Are you a parent based in the Trafford area with children aged 10 -16 years?
- Would you like guidance, information and resources on parenting?
- Would you like to meet parents in similar situations and share ideas?

Our parent workshops (for parents with children aged 10 -16) aim to help you support your child when they are transitioning into young adults. Our workshop topics include, Depression & Low mood, Anxiety, Behavioural Difficulties, Social Media & Online Well-being and Managing Change at Home & School.

**No booking required! Join us Online via Zoom.
You need to be a Trafford resident to attend the online workshop.**

Zoom Meeting id: 7409073128
<https://zoom.us/j/7409073128>

- Depression & Low Mood – Tuesday 2nd June 10 am – 11:30 am
- Anxiety - Wednesday 10th June 5 pm – 6:30 pm
- Managing Change at Home & School – Tuesday 16th June 10 am – 11:30 am
- Behavioural Difficulties - Tuesday 23rd June 5:00 pm – 6:30 pm
- Social Media & Online Safety – Tuesday 30th June 10 am – 11:30 am

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