

# Mental Health and Wellbeing Trafford Sunrise Parent Workshops June 2020

- 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! Join our Zoom Webinars for Free!**

**You need to be a Trafford Resident to participate in this webinar.**

## Anxiety

Tuesday 9<sup>th</sup> June, 10 am – 11:30 am

Zoom Meeting ID: 740 907 3128  
<https://zoom.us/j/7409073128>

## Behavioural Difficulties

Thursday 12 June, 10:30 am – 12:00 am

Zoom Meeting ID: 740 907 3128  
<https://zoom.us/j/7409073128>

## Social Media & Online Safety

Tuesday 23<sup>rd</sup> June, 10 am – 11:30 am

Zoom Meeting ID: 740 907 3128  
<https://zoom.us/j/7409073128>

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