

Online Workshops



Brent, Wandsworth
and Westminster



Psychoeducational workshops for parents

Overview

We are happy to announce that we are now offering online workshops for parents and carers around mental health awareness. Workshops will provide information and practical tips on how you and your child can stay emotionally healthy and where you can access further support.

Workshops will be delivered via Zoom and there will be plenty of opportunity for you to ask questions. We would love to see mums, dads, foster parents and all those who are caring for children and young people during lockdown. Once you confirmed your attendance we will send you the ZOOM invitation closer to the time of the workshops.

Topics, Dates & Times

- Mental Health Awareness, 5 June, 10.30-11.30 am
- Self-care and mindfulness, 12 June , 10.30-11.30 am
- Understanding anxiety, 19 June , 10.30-11.30 am
- Understanding low mood, 26 June , 10.30-11.30 am
- Understanding child's behaviour, 3 July , 10.30-11.30 am

Contact us

If you have any questions please contact us today at training@bwwmind.org.uk or **07597 800840**

To book your place please email Meetal Bhudia at the Brent Parent Carer Office admin@brentpcf.org

bwwmind.org.uk

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