



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

ONLINE WORKSHOPS

PSYCHOEDUCATIONAL WORKSHOP FOR PARENTS

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 these testing times. 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 - 6TH JANUARY 2021, 10-11:30AM

SELF-CARE AND RELAXATION TECHNIQUES - 13TH JANUARY 2021, 10-11:30AM

UNDERSTANDING ANXIETY - 20TH JANUARY 2021, 10-11:30AM

UNDERSTANDING LOW MOOD - 27TH JANUARY 2021, 10-11:30AM

UNDERSTANDING CHILD'S BEHAVIOUR - 3RD FEBRUARY 2021, 10-11:30AM

Contact Details

To join the sessions please email us at admin@brentpcf.org for zoom sign in details.