

Supporting Children & Young People's Mental Health - Skills and Support for Parents & Community in Erdington

On

Tuesday 23rd February 2021, 10 till 11:30am

This is a workshop is for Parents and community volunteers to provide support in communicating with children & young people on topics around mental health. Covering key wellbeing needs (anxiety, low mood, anger and stress) with strategies to help. We will also talk through relevant services in Birmingham, plus how and when to access these services.

The Workshop will take place on Zoom, to book click on the link <https://www.eventbrite.co.uk/e/supporting-children-young-peoples-mental-health-skills-and-support-for-tickets-140298070305>

 <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

