

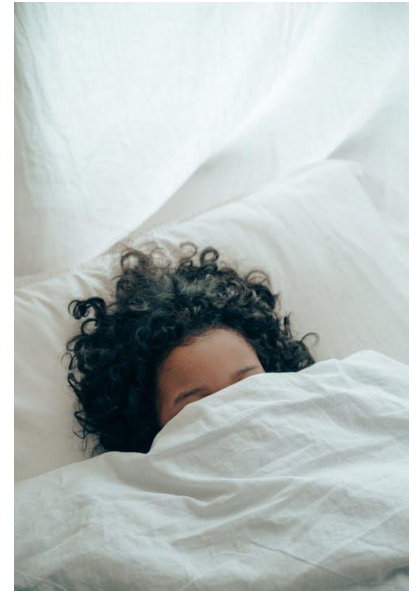
UNDERSTANDING YOUR CHILD'S MENTAL HEALTH

WHAT IS MENTAL HEALTH?

We are delighted to confirm new dates for this workshop, designed to give Solihull parents and carers a better understanding to support their child's mental health.

This foundation workshop will be delivered via Microsoft Teams, covering a range of themes including:

- What is mental health?
- Common mental health challenges
- Preventing mental health difficulties
- Recognising risk & building resilience
- Promoting well-being



ADD-ON SESSIONS

Once you have attended the foundation session, you may also be interested in attending the additional sessions: Focus on Anxiety and Focus on Depression/Low Mood.

Please let us know if you would like to attend these sessions so we can confirm availability.

SUMMER 2022:

“WHAT IS MENTAL HEALTH?”

10am – 12pm

Wednesday 18th May

Wednesday 15th June

Wednesday 13th July

To book your place, please contact the parenting team via email to bsmhft.parenting@nhs.net or by finding us on Facebook – Solihull Parenting Team

PLACES WILL BE BOOKED ON A FIRST COME, FIRST SERVED BASIS