

Understanding Your Child's Feelings

Dip your toes in the world of online courses for parents, grandparents & carers

All **FREE** for residents living in Solihull

The Solihull Approach (NHS) has launched a **NEW** online course!

Go to www.inourplace.co.uk & use the access code:
APPLEJACKS



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

ourplace

NHS

New course **Understanding your child's feelings**

Part of the Solihull Approach series

THIS IS A TASTER COURSE. A CHUNK OUT OF THE **BIG** COURSE.

DIP YOUR TOES IN THE WORLD OF ONLINE COURSES FOR PARENTS, GRANDPARENTS AND CARERS

Apply access code here:
www.inourplace.co.uk



FREE Counselling, Mental Health & Wellbeing Service for Young People

Kooth is a web based confidential support service available providing a safe and secure means of accessing mental health and wellbeing support, designed specifically for young people.

To find out more, visit www.Kooth.com where young people can register, and others can find out more about the service. The service is staffed by fully trained and qualified counsellors and is free to access for all 11-25 year olds, who live or go to school in Solihull or have a Solihull GP.

For more information about parenting support available, please contact the Parenting Team via our Facebook page, or by email to bsmft.parenting@nhs.net

Parenting themed tweets can be viewed on our Facebook page - Solihull Parenting Team or via the school nurse twitter feed: @SolSchNurses

