



## Mental Health Workshops for Families

Supporting Mental Wellbeing in Children and Young People

### Workshop Details

#### Self harm and Suicidal Thoughts



Date: 27<sup>th</sup> March



Time: 11am-12.30pm



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Eating Disorders and ARFID



Date: 12<sup>th</sup> May



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Dyspraxia and Mental Health



Date: 19th May



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Anxiety and Depression



Date: 16<sup>th</sup> June



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### OCD and Mental Health



Date: 10<sup>th</sup> July



Time: 9.30am-11am



Location: Elmwood Family Hub  
37 Burtons Way, B36 0UG

Delivered by:



For Parents & Carers • Families of Children with SEND • No Diagnosis Needed

To book:



[www.solihullsendsupportgroup.co.uk](http://www.solihullsendsupportgroup.co.uk)

We are asking for a voluntary contribution towards these workshops – please see how to donate via the website event booking