



# FAMILY SUPPORT

## Supporting Parents to Understand their Children's Mental Health

We're offering friendly, online workshops for parents, created to support you at every stage of your child's journey. You'll gain helpful tips, reassurance and practical ideas to make everyday challenges feel more manageable and less overwhelming.

### Healthy coping Strategies & building resilience and end on Looking after my own wellbeing

10am- 12 midday  
23rd April 2026

### Social media and Mental Health

10am - 12 midday  
21<sup>st</sup> May 2026

### Communicating with teens - understanding children's mental health

10am - 12 midday  
18<sup>th</sup> June 2026

**For parents who are interesting in joining our workshops , discuss or find out more, please contact via the details below**



LOTTERY FUNDED

Email: [getinvolved@youngglos.org.uk](mailto:getinvolved@youngglos.org.uk)

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