

# HEALTHIER MINDS



## THE IMPACT OF CORONAVIRUS

### Supporting Children and Young People in Challenging Times

East Renfrewshire Educational Psychology Service is delivering three online one-hour parents' sessions in March. The aim of these will be to explore how Covid has affected how children and young people think, feel and behave, and to discuss ways that you can support your child through the current challenges. The sessions will refer to our Healthier minds website and resources (<https://blogs.glowscotland.org.uk/er/healthierminds>) and will involve input from partners across East Renfrewshire who support children and young people's mental wellbeing.

If you are interested in attending, please complete the brief online form with information about your child's age and needs, and select which session you would like to attend. Please respond by the 2<sup>nd</sup> of March if you are hoping to attend Session 1, and respond by the 9<sup>th</sup> of March if you are hoping to attend Session 2 or 3. Please also include any questions that you would like to be answered in the session: <https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQctawUZKQH4zojskz1Doi6aPa1GEk1UOEtZWtJBT0tQOU5WWFU3Nzc4VkJOTVRYSC4u>

We will contact you via email with the joining information for the session.



Email: [ps@eastrenfrewshire.gov.uk](mailto:ps@eastrenfrewshire.gov.uk)

<https://blogs.glowscotland.org.uk/er/PsychologicalService/>

<https://blogs.glowscotland.org.uk/er/healthierminds/>

Session	Date	Time
<b>Session 1</b> <i>For parents of children between the ages of 0-9 years</i>	Thursday, 4 <sup>th</sup> March	4.00-5.00pm
<b>Session 2:</b> <i>For parents of children and young people of nine years and above (upper primary and high school age)</i>	Wednesday, 10 <sup>th</sup> March,	6.30-7.30pm
<b>Session 3</b> <i>For parents of children and young people with additional support needs</i>	Thursday, 11 <sup>th</sup> March	4.00-5.00pm