

Do you want to learn more about children and young people's mental health?

Fancy some tips on how to speak to your child about their feelings?

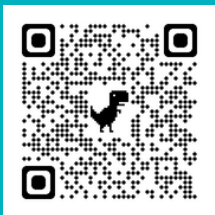
If yes, then come along to our **FREE 90 minute workshops:**

- **Understanding and managing stress and anxiety**  
**4th April - 10am**
- **Listening to and supporting my child**  
**2nd April - 10am & 9th April - 1pm**
- **Managing my wellbeing**  
**9th April - 10am**
- **Mental health awareness**  
**10th April - 10am**

Our online workshops are information sessions and parents/carers are not expected to share personal stories. We will however be giving out lots of useful information and support links.

**LET'S  
CONNECT**

To book a space  
scan this QR code  
or click [here](#)



We have lots going on at Let's Connect. For more information on upcoming workshops and events please contact:

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