



Supporting Young People's Health and Wellbeing

Parents and carers are invited to join our online sessions to explore activities and approaches to promote good mental wellbeing at home with supporting young people's health and wellbeing.



- Tools and techniques
- Activities and approaches
- Self Care, Self-compassion and Emotions
- Breathing Techniques

The session will be delivered online over four weeks. Sign in details and further information will be sent once signed up.

Friday 3 September at 9:30am-11am

Friday 10 September at 9:30am-11am

Friday 17 September at 9:30am-11am

Friday 24 September at 9:30am-11am

For any more information on this programme contact,
sarahnicoll@north-ayrshire.gov.uk or elainewalker@north-ayrshire.gov.uk
You can also visit <https://nacfamilylearningteam.weebly.com>

To sign up please visit

<https://bit.ly/3BgWRll>

