

MENTAL HEALTH WORKSHOPS FOR PARENTS & CARERS



As part of our Let's Talk programme SAMH is able to offer the following **FREE 90 minute online workshops** to parents & carers, helping them to understand mental health and wellbeing, and learn more on how to support both themselves and their child.

All sessions are from 6 - 7.30pm and will be held on Microsoft Teams.

- **Understanding Mental Health & Wellbeing - Wed 1st June**
- **Managing Stress & Anxiety - Tues 14th June**
- **Managing My Wellbeing - Mon 20th June**



Please note that workshop spaces are limited to first come, first served.

For more information or to book a session email zoe.dignam@samh.org.uk