

## Mental Health and Wellbeing

Dec 2020 Parent Workshop (for parents with children aged 10 -16)



- Are you a parent based in the Trafford area with children aged 10 -16 years?
- Would you like guidance, information and resources on parenting?
- Would you like to meet parents in similar situations and share ideas?

Our parent workshops (for parents with children aged 10 -16) aim to help you support your child when they are transitioning into young adults. Let's talk about Depression and Low mood, Anxiety, Behavioural Difficulties, Online Well-being and Managing Transitions.

Pre-registration is required for this workshop. Join us Online via Zoom. You need to be a Trafford resident to attend the online workshop.

### Anxiety

Wednesday 16<sup>th</sup> December  
5:00 pm to 6:30 pm

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJwpduyoqzwwqGt253gq4EFjt3GTBiUFu8GPP>

*Please register early as there are limited spaces*

You can also see our event details and updates on Facebook and Twitter



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