

## Mental Health and Wellbeing

Nov 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.

### Managing Change

Monday 30<sup>th</sup> November  
2:00pm to 3:30pm

Register in advance for this meeting:  
<https://zoom.us/meeting/register/tJlpc-CrpjktHt0KJHHAKBE-tYyPRX-0eGLv>

*Please register early as there are limited spaces*

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