

# Mental Health and Wellbeing Trafford Sunrise Parent Workshops Nov 2020

- Are you a parent based in the Trafford area with a child aged 5-12 years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



**Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics.**

**Join our Zoom Workshops for Free! Pre-registration is required.**

**You need to be a Trafford Resident to participate in this workshop.**

## Managing Change

Monday 23<sup>rd</sup> November  
5:00 pm to 6:30pm

Register in advance for this meeting:

[https://zoom.us/meeting/register/tJ0sfumqrj8jHdbc\\_mEqa5UDb7geY163Rct2](https://zoom.us/meeting/register/tJ0sfumqrj8jHdbc_mEqa5UDb7geY163Rct2)

*Make sure to register early as there are limited spaces.*

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