

MENTAL HEALTH AND WELLBEING WORKSHOPS FOR PARENTS & CARERS

As part of our Time for Me 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.

The workshops will be delivered by **Beth Rose**, Time for Me Practitioner.



All sessions are **6:30 - 8pm** and delivered on **Microsoft Teams**.

- **Mental Health Awareness - Thursday 3rd November**
- **Managing My Wellbeing - Thursday 17th November**
- **Understanding & Managing Stress & Anxiety - Thursday 1st December**



To book a place or for some more information please contact:

Beth Rose
Time for Me Practitioner
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