

# Children and Young People Mental Health Awareness Workshops (for parents and carers)

Want to learn about children and young people's mental health?

Fancy some tips on how to speak to your child about their feelings?

If yes, then come along to our **FREE 90 minute workshops:**

- Listening to and supporting my child
- Mental health awareness
- Understanding and managing stress and anxiety
- Managing my wellbeing

Our workshops are information sessions and parents and carers are not expected to share personal stories.

We will however be giving out lots of useful information and support links.



To book a space  
scan the QR code  
or click the link  
below



**Eventbrite**



These workshops are part of our wider work within Dundee.

For more information contact:

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