



Helping you find your way to wellbeing  
NEL Mental Health Support Teams

# Free online workshop for parents/carers

Wednesday 2<sup>nd</sup> December 2020 6pm-8pm

## SUPPORTING YOUR CHILD'S EMOTIONAL HEALTH & WELLBEING DURING COVID-19

The first round of the support webinars were so successful we have decided to put a **second webinar date** in the diary. This free workshop is for parents/carers living in North East Lincolnshire. The aim of the workshop is to support you to **support your child or young person's mental health and emotional wellbeing** during these unprecedented and often confusing times. The workshop will provide useful **information, advice, practical strategies**, and **opportunities** to develop peer networks and **share experiences**. The key themes of the workshop have been identified by a local survey which looked at some of the difficulties parents and carers are currently facing (i.e. anxiety and low mood).

**If you would like to attend please confirm your attendance by emailing the Compass email below **no later than 4pm on the 2<sup>nd</sup> December 2020.****

**Please feel free to bring any questions you may have to the workshop.**

**Please Note:** In order to access the workshop online you will need to have the Microsoft Teams app downloaded onto your smart device or laptop. Five minutes before the workshop starts you can click on the link that will be sent to you in your confirmation of attendance email and this will take you to the workshop screen. There is no expectation for you to have your camera's on during the workshop and if you have any questions you can turn your audio on or type in the chat.

For more information please contact us on:

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