



# 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:**

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

Our workshops are information sessions and parents/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 some Aberdeenshire schools. If you would like to find out more contact:

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