

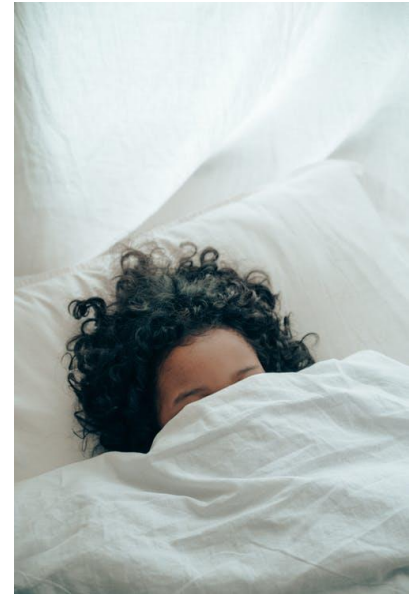
## UNDERSTANDING YOUR CHILD'S MENTAL HEALTH

### WHAT IS MENTAL HEALTH?

We are delighted to confirm new dates for this workshop, designed to give Solihull parents and carers a better understanding to support their child's mental health.

This foundation workshop will be delivered via Microsoft Teams, covering a range of themes including:

- What is mental health?
- Common mental health challenges
- Preventing mental health difficulties
- Recognising risk & building resilience
- Promoting well-being



### ADD-ON SESSIONS

Once you have attended the foundation session, you may also be interested in attending the additional sessions: Focus on Anxiety and Focus on Depression/Low Mood.

Please let us know if you would like to attend these sessions so we can confirm availability.

### SUMMER 2022:

#### “WHAT IS MENTAL HEALTH?”

10am – 12pm

Wednesday 18<sup>th</sup> May

Wednesday 15<sup>th</sup> June

Wednesday 13<sup>th</sup> July

To book your place, please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) or by finding us on Facebook – Solihull Parenting Team

\*PLACES WILL BE BOOKED ON A FIRST COME, FIRST SERVED BASIS\*