

Improving a young person's

For parents of children aged 7 - 11

Dates and times of workshops

24th July 2020 14.00pm—15.30pm
29th July 2020 14.30pm—16.00pm
4th August 2020 18.30pm—20.00pm
6th August 2020 14.00pm—15.30pm
10th August 2020 14.30pm—16.00pm
11th August 2020 18.30pm—20.00pm
14th August 2020 10.00am—11.30am
18th August 2020 11.00am—12.30pm
20th August 2020 10.00am—11.30am
24th August 2020 14.30pm—16.00pm

For more information and to book,
please visit:

<https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

5 spaces available per workshop

Bookings for the workshops will close

Has your child been worrying about the COVID outbreak? As a parent, you may like to learn some strategies to help your child manage their emotional health.

If so, Healthy Minds are offering workshops for parents via WebEx that may help you. The workshops have been designed to provide an overview of emotional well-being, the positive and negative effects of stress, and sharing evidence based strategies. We will also share some tools that you can use with your child in the home environment to help them manage their worries.

This workshop is for parents/care