



Mental Health Awareness Workshops - For parents and carers of primary age children

Tuesday 20 th Mar	6.30pm-8.30pm	Friends Meeting House, Central Brighton
Wednesday 6 th June	10am-12pm	Valley Social Centre, Whitehawk
Wednesday 20 th June	10am-12pm	Hollingbury Learning Centre
Tuesday 10 th July	6.30pm-8.30pm	Village Centre, Portslade

This workshop is for carers/parents whose children are in Primary school in Brighton and Hove. It is linked to the classroom session '**Flo and the Funny Feelings**', being used for some year groups to raise awareness of mental health. This session is in turn part of the national #IAMWHOLE mental health awareness campaign.

This workshop offers an introduction into the emotional health needs of children, raising awareness as well as providing information of how to recognise and support an emerging mental health concern.

The session will be run by an expert trainer and professional currently working in children's mental health.

There are **limited numbers of places** on the workshops, so to avoid disappointment please visit **Eventbrite** to book on, or call **01273 222597** if you don't have internet access:

Eventbrite

<https://www.eventbrite.co.uk/o/ymca-downslink-group-15503395382>

