



The NHS Mental Health Support Team invites you to book your place on our: Introduction to Resilience Parent Workshop

This is an hour long online session aimed at parents and carers. The session covers how to encourage greater resilience in young people, and provides psychoeducation around what mental health and resilience is.

Upcoming Sessions:

- **Monday 10th June at 10:00 - 11:00**
- **Wednesday 12th June at 16:00 - 17:00**

To request a place, please complete the online form or scan the QR code provided:
<https://forms.office.com/e/aBS6Z7nPSc>



Sign up will close on Wednesday 5th June