

How To Talk About Mental Health With Your Child

Free Virtual Workshops for Parents/Carers

The Mental Health Support Team (MHST) at Hammersmith, Fulham, Ealing and Hounslow Mind are offering workshops throughout the academic year to support parents and carers.

Learn practical step by step skills on the most effective way to communicate with your child in different situations:

- When a child is experiencing worry or is upset
 - Dealing with anger
 - Making praise effective

This workshop will be delivered on the following days/times:

- Monday 26th October 2020, 10 – 11am
- Thursday 21st January 2021, 1 – 2pm
 - Monday 5th April 2021, 10 – 11am
 - Thursday 15th April 2021, 1 – 2pm
- Wednesday 2nd June 2021, 10 – 11am
- Thursday 5th August 2021, 1 – 2pm

If you are interested in signing up to the workshop, please follow the link below:

<https://www.eventbrite.co.uk/e/how-to-talk-about-mental-health-with-your-child-tickets-122394123117>



Hammersmith, Fulham,
Ealing and Hounslow