

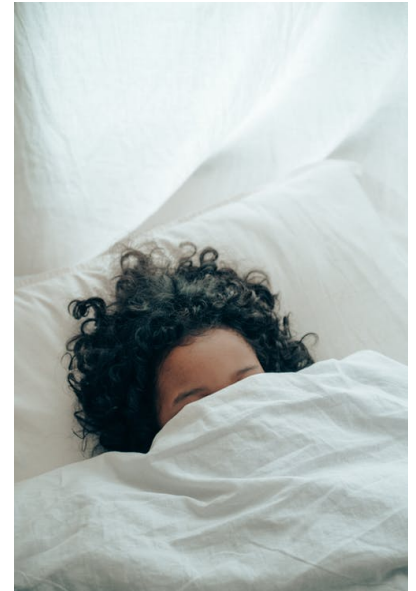
## UNDERSTANDING YOUR CHILD'S MENTAL HEALTH

### 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



**\*\*SPACES STILL AVAILABLE FOR ALL SESSIONS\*\***

**AUTUMN 2021: "WHAT IS MENTAL HEALTH?"**

**10am – 12pm**

**Thursday 4<sup>th</sup> November**

**Tuesday 7<sup>th</sup> December**

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

### ADD-ON SESSIONS

You may also be interested in attending the additional sessions:

**Focus on Anxiety**

**10am – 12pm**

**Thursday 18<sup>th</sup> November**

**Thursday 16<sup>th</sup> December**

**Focus on Depression**

**10am – 12pm**

**Thursday 25<sup>th</sup> November**

**Thursday 23<sup>rd</sup> December**

These sessions can be booked alongside the foundation workshop or once you have attended this session

To book your place, please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) by phone on 0121 301 2773 or by finding us on Facebook – Solihull Parenting Team