



You and Your Young Person Workshop



Includes a Digital Wellbeing Kit:



Resources, activities and worksheets designed to build resilience by managing our thoughts and emotions through reflective practice, communication quick tips, self care and goal setting, for both you and your child or young person.

We understand how challenging it can feel for a parent or carer of a child or young person who is struggling with their mental health. Managing those emotions, understanding warning signs, communicating your concerns and attending to your child or young person's mental health and wellbeing, alongside your own; can feel overwhelming.

Our parent workshop aims to support YOU.

It includes:

- Discussing signs and symptoms of poor mental health.
- Reflective practice and self care.
- Where to go for help and support.
- A wellbeing tool kit for you and your child or young person or a neurodiversity and wellbeing parent and carer kit to work through with your child or young person together following the workshop.

To book on to a workshop, or to host a closed workshop, contact training@lancashiremind.org.uk



Also Available on Request Following The Workshop, a Neurodiversity and Wellbeing Kit:

The kit includes quick tips, worksheets and activities specific to barriers to mental health and wellbeing that some neurodivergent children and young people experience. The pack also includes resources and information for parents and carers.



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Phone: 01257 231660

Calls are answered between 10am and 4pm, Monday to Friday.
You can leave a message outside of these hours.

Email: admin@lancashiremind.org.uk

 **Mind Lancashire**

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