

## Improving a young person's wellbeing

For parents of children aged 7 - 11

### Dates and times of workshops

24th July 2020 14.00pm—15.30pm  
29th July 2020 14.30pm—16.00pm  
4th August 2020 18.30pm—20.00pm  
6th August 2020 14.00pm—15.30pm  
10th August 2020 14.30pm—16.00pm  
11th August 2020 18.30pm—20.00pm  
14th August 2020 10.00am—11.30am  
18th August 2020 11.00am—12.30pm  
20th August 2020 10.00am—11.30am  
24th August 2020 14.30pm—16.00pm

For more information and to book,  
please visit:

<https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

5 spaces available per workshop

Bookings for the workshops will close  
a few days before if takes place

Has your child been worrying more since the COVID outbreak? As a parent/carer would you like to learn some strategies to help them manage their emotional wellbeing?

If so, Healthy Minds are offering online workshops for parents via WebEx that may be useful for you. The workshops have been designed to give parents an overview of emotional well-being, worries and the positive and negative effects of change. We will be sharing evidence based strategies and give you some tools that you can use with your child within the home environment to help them manage their worries.

***This workshop is for parents/carers—children are not expected to attend***

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