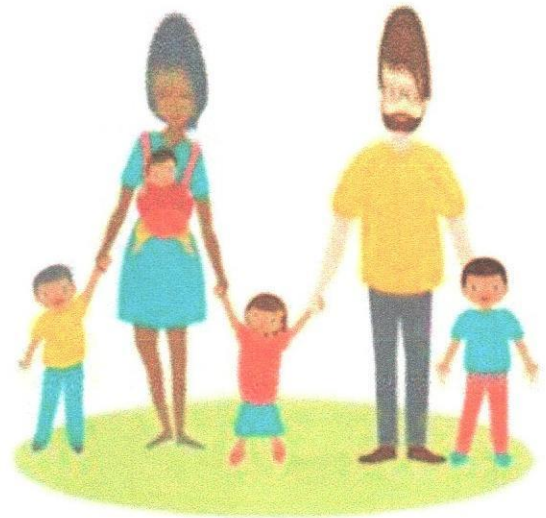


Mental Health and Wellbeing Trafford Sunrise Parents/Carer's Workshops 2023

- Are you a parents/carer based in the Trafford area with a child aged **5-12** years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics. **Please note these workshops are for parents/carer's only.**

Pre-registration is required for online workshops only.

You need to be a Trafford Resident to participate in this workshop.

Parent workshops:

11th of October 2023 - Anxiety (9:30- 11:00) at Limetree Primary School.

16th of October 2023 -Understanding children's behaviour (9:30-11:00) at Seymour Park Primary School.

31st of October 2023 - Parental wellbeing (9:30-11:00) at Limetree Primary School.

17th of November 2023- Understanding children's behaviour (9:30-11:00) at St Vincents Primary School.

28th of November 2023 - Separation and divorce (9:30-11:00) Online.

8th of December 2023 - Neurodiversity (9:30 -11:00) Online.