



Join us at our monthly evening webinars!

We support parents, carers and school staff to feel confident when supporting children and young people with their **mental health and emotional wellbeing.**

The last Wednesday of every month
(starting 25th October 2023 – July 2024)
7pm – 8pm

[Click here for Zoom registration](#)

Or use the QR code on the right



Topics we will be discussing include...

Managing Difficult Emotions

Healthy Relationships & Communication

Impact of Prejudice

Managing Stress & Anxiety

Using Social Media

Self-harm

How to Access Support

Minds Matter: You Matter

For better mental health visit
www.hfehmind.org.uk

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