

Want to know how to support your child?

Our online workshops can help you understand anxiety and resilience better and how you can help children cope with this:

Raising Happy Resilient Children

- Supports parents in understanding how to help children develop essential building blocks to being able to cope with the ups and downs of life
- Core skills which are essential to promote children's wellbeing
- Support children in developing coping strategies to maintain healthy relationships, survive hardship, problem-solve and talk about their feelings

Online webinar

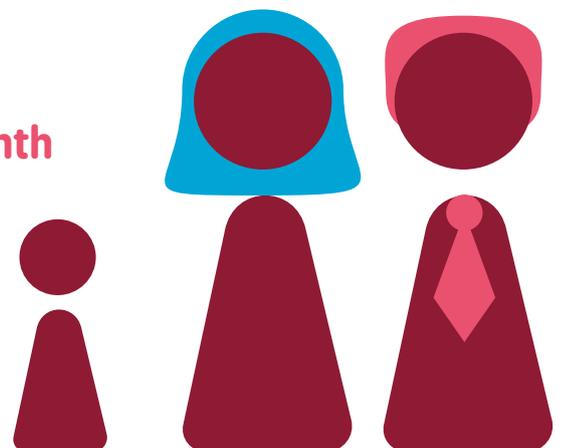
When: Running last Wednesday of every month

At: 10-11am

For more information:

<https://www.wellbeingnands.co.uk/courses>

If you are a professional wishing to make a referral please send to:
nmh-tr.ewh@nhs.net



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